



Fitweek at Comox

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Air Ace Memorial

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TOTEM TIMES



Canadian Forces Base Comox B.C.

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COST: PRICELESS

U.S. Marine Visitor



Refuelling probe to the fore, a "Groundhog" helicopter of Marine Aviation Group 42, California, sits on the tarmac near 7 Hanger, during recent joint exercises with aircraft from CFB Comox. More pictures on page 6. Photo by MCpl Cando, Base Photo Section.

Hat - Trick!

Three in a Row for the Fishwrapper

Best Military Newspaper

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Defence Policy 1992 - Part 1

The international environment in which Canada seeks its security and prosperity has changed dramatically in the recent past. For Canadian defence policy, the most significant of all recent international developments are undoubtedly the changes that have occurred in Central and Eastern Europe and the collapse of the Soviet Union. On the whole, the trend has been encouraging, although the transition to more democratic societies has been accompanied by political and economic instability which could lead to wider conflict.

The new derence policy announced last September recognized that the general improvement in Esat-West relations was brought about by changes in Soviet foreign policy. Accelerating reform in the Soviet Union, along with the withdrawal of Soviet forces from former satellite countries, resulted in a significant reduction in the conventional threat to NATO in Europe. Political uncertainty and the significant potential for increased instability in Eastern Europe, as shown by the failed coup in the Soviet Union, called for caution. The policy also suggested that the course of reform could eventually change the fundamental nature of the Soviet Union itself.

This prediction has been borne out by the subsequent demise of the Soviet Union as a political entity. The future of the Commonwealth of Independent States remains unclear, but political power has been ceded to newly independent states. Another important development was the pledge of the Commonwealth of Independent States to fulfil international obligations in respect of current treaties and agreements signed by the Soviet Union. The precise fate of the Soviet military apparatus remains uncertain, but with conventional force reductions and decentralized control, these forces can no longer be said to pose a cohesive and immediate threat to the rest of Europe. Moreover, the threat once posed by the Soviet nuclear arsenal is also being significantly reduced as a result of Russian decisions to reciprocate American unilateral initiatives. There is no doubt, however, that even after all current and anticipated arms reduction agreements have been implemented, Russian strategic forces will continue to possess a very potent arsenal.

The disintegration of the Soviet empire is only one of many events that have accelerated the transformation of the world. New as well as long-submerged forces are today stirring bright hopes and dark fears. Some are benign; others could be destabilizing.

Nationalism is in the ascendant. It can be a powerful, constructive force. Yet, as ancient nations reappear, ethnic hatreds

also rekindle the violent confrontations of earlier eras. Ironically, even as nationalism reshapes the borders of Central and Eastern Europe, the nations of the continent's western half are foregoing sovereign prerogatives in the interest of greater economic efficiency and political stability. At their historic December 1991 meeting in Maastricht, European Community leaders agreed to further monetary integration and increased co-operation in security and defence matters.

The adoption of a broader approach to national and global security, brought about by international concern over such issues as the environment, population growth and the availability of critical resources, is a clear factor of stability. The inability of any one state on its own to solve these problems encourages greater co-operation and joint problem-solving across frontiers. Yet the same issues can also be divisive. Cross-border pollution and overfishing are major international irritants. Third World demographic pressures and increasing flows of migrants and refugees are fuelling fear, discontent and a resurgence of right-wing ideologies in Europe.

Religion is once again becoming a source of tension and division in various parts of the world. Fundamentalist solutions of one sort or another are seen as tempting alternatives to a failed past and a bleak future, particularly where experimentation with democracy and free-market economies have failed to achieve anticipated gains. In the Muslim world, where fundamentalism has long been one of the main vehicles for opponents to authoritarian rule, it is gaining strength both as a result and in the face of political liberalization and continuing economic difficulties. At times, separate trends come to reinforce each other; concerns and fears across the Mediterranean are fed by the rise of extreme ideologies on both shores.

The globalization of the economic system and integration of markets in Europe, North America and elsewhere are the result of both international co-operation and the promotion of various national interests. Often, they require major adjustments. The difficulties encountered in the latest round of negotiations of the general agreement on Tariffs and Trade have underscored how painful these trade-offs can be and why some key governments have been unable to accept the solutions proposed so far. Where interests cannot be reconciled, trade issues may come to play a more prominent role in shaping international alignments.

Another concern is the widening gulf between the developed and developing worlds. The clash of ideas, cultures and economies, while no longer predicated on superpower rivalry,

is continuing in a more varied and unpredictable form. The challenge is to overcome differences without resorting to force, through existing and possibly new instruments of multilateralism and co-operation.

In this respect, Canada continues to view NATO as an engine of peaceful change towards a new order of stability in Europe. Our willingness to make forces available to NATO, in the event of a crisis or war, underscores our intention to remain closely engaged in European security issues. At the same time, NATO provides a framework for discussion with the new states to the East on how to achieve the objective of a Europe whole and free.

The end of the division of the world into East and West has provided more scope for the United Nations and other organizations to function more effectively. In the years just before the Gulf War, reduced tensions between Washington and Moscow allowed the UN to record significant achievements - in Afghanistan, Central America, Angola, Namibia, Haiti and Cambodia. The eviction of Iraq from Kuwait was a far greater success for collective security under the auspices of the UN: it restored faith in the ability of the world community to uphold the principles contained in the UN Charter through collective action. Heightened expectations will be difficult to meet, but they have been sustained by recent accomplishments: in the last few days of 1991, the Secretary General helped work out a negotiated solution to twelve years of insurgency in El Salvador; in earlier weeks, one of his representatives obtained the

relapse of Western hostilities held in Lebanon for several years; in January 1992, another UN diplomat secured a fragile ceasefire in the Yugoslav civil war and the UN Security Council held its first ever meeting at the Head of State or Government level; and now the UN is deploying some of the largest peacekeeping contingents ever in Yugoslavia and Cambodia. Clearly, the United Nations has acquired renewed legitimacy, although long-standing budget difficulties still need resolution. It will be incumbent on all states to preserve and advance this new approach to international problem-solving.

Events, trends and forces currently reshaping the world will present new challenges and generate new risks for Canadian society. Economic and demographic pressures in many countries could lead to more illegal immigration, drug smuggling and terrorism. It is also conceivable that conflict could break out as a result of disputes over resources. If the UN is indeed given an enhanced role in mediating and sometimes putting

an end to such conflict, Canada could be asked even more frequently than in the past to provide personnel to maintain or restore peace. The Canadian Government may also be called upon to commit the Canadian Forces to multinational operations similar to those in the Persian Gulf.

Either prospect underlines the important role that military forces can play in pursuit of broader foreign policy objectives.

VCDS/DCDS to Amalgamate

OTTAWA -- The Chief of the Defence Staff, Gen. John de Chastelain, announced recently that the offices of the Vice Chief of the Defence Staff (VCDS) and the Deputy Chief of the Defence Staff (DCDS) at National Defence Headquarters in Ottawa will be amalgamated. This will take place effective July 15, 1992.

"The new organization will continue to discharge the responsibilities of both the VCDS and the DCDS organizations," said Gen. de Chastelain. "The amalgamation is in keeping with DND efforts to increase organizational efficiency, and to reduce costs consistent with budgetary restraints."

In effect, the VCDS organization will absorb the DCDS group

An Update

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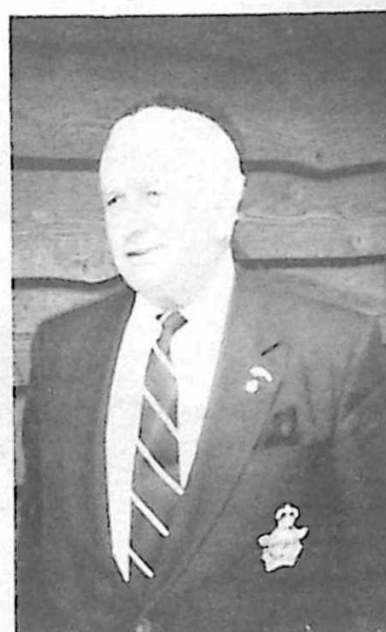
By Gord Bell



The Hon. Marcel Masse, M.P.

and, in so doing, cut one lieutenant-general position and three major-general positions at NDHQ. The move is in line with a recent review of NDHQ functions, which was initiated in an effort to reduce the size of NDHQ and to make the headquarters more cost-effective. It is also another step aimed at reducing the number of general officers in the Canadian Forces.

The new organization will group together the previous responsibilities of the VCDS and DCDS under three functional areas: DCDS Intelligence, Operations and Security; DCDS Force Planning and Development; and Director General Program Co-ordination.



Tony Hennig

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Editorial



Norm Blondel

For the Third Time

A character in a James Bond movie once said, "Once is happenstance; twice is coincidence, but a third time is conspiracy!" If the Totem Times staff and their many supporting players have conspired, it is not so much to land their third CCNA award in a row (and fifth in six years), but to try and produce the kind of newspaper our community needs. We are, in essence, a military neighbourhood, and the Totem Times is your neighbourhood newspaper. At other times we have mentioned the hard work and talents of the team members who actually put this newspaper together - people like Julie and Liz and Ron, who have unselfishly given their time for months (and now years) on end, so that your Fishwrapper will appear with regularity, carrying news about the military, past, present and future, and about other subjects and events. We are also supported by a group of writers - Jim Kirk, Duke Warren, Norm Whitley, Bob Orrick, John Novak, Gerry Gerow, Rose McCleish, Barb Vermette, Max Bell and Tet Walston - who would grace any city newspaper. Add in the dozens of squadron and section writers, and the outstanding camera work of Base Photo, and there is the winning combination. Behind the scenes are the Base Commander, Col J.E. McGee, who as Publisher has given much valuable advice and counsel, and the members of the Base Fund Committee, who helped us modernize our equipment. Our loyal advertisers provide the means to keep the Fishwrapper coming to you in 24 pages, and a hard-working NPF and CR staff help us to administer what is essentially a business operation. With support like that, how could we lose? Thank you all.

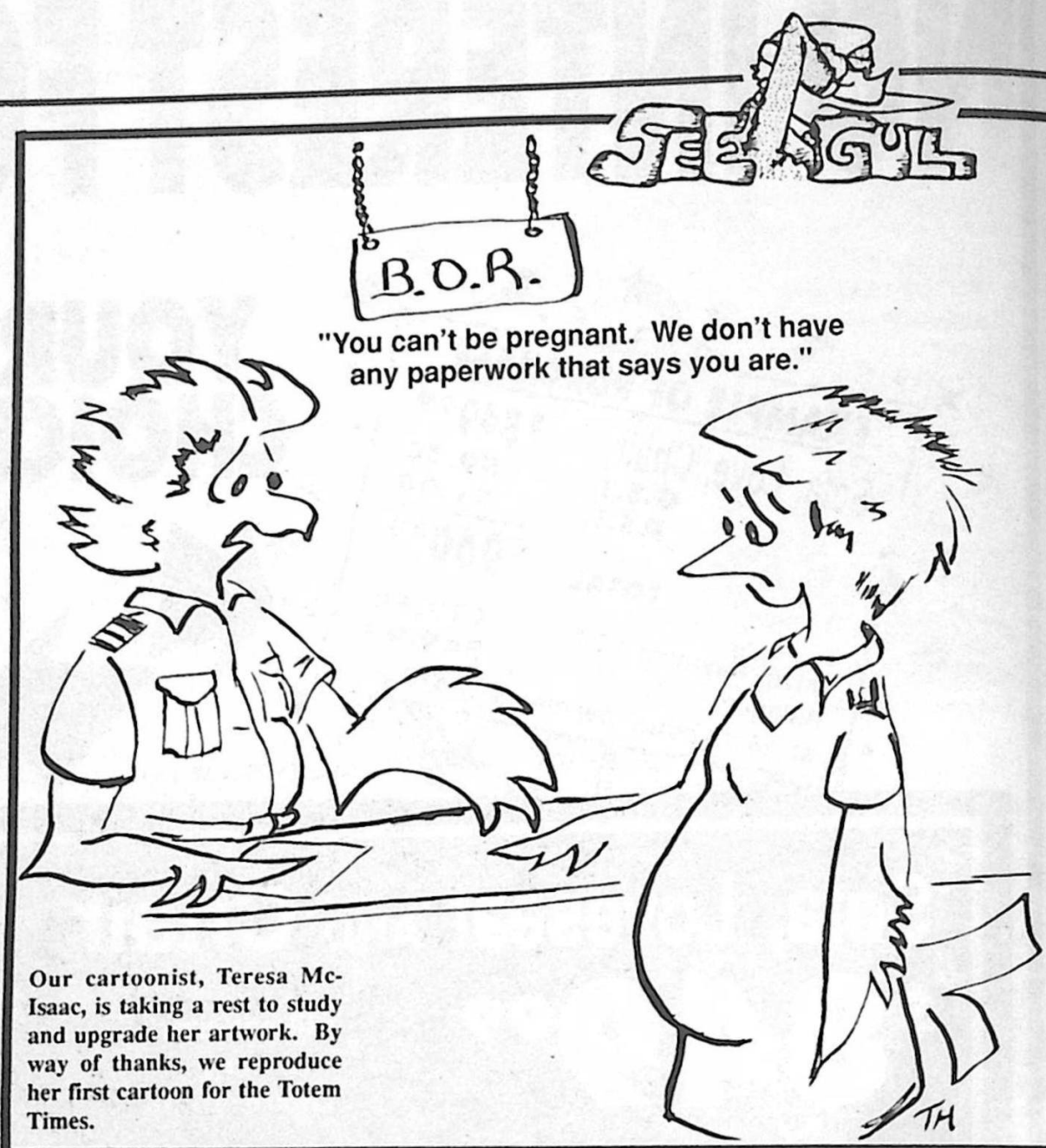
In the Bag

When we first got married, Wife didn't have a lot of stuff to carry around, so her handbag was of the slim variety. A door key, a comb, a small purse (with a photo of me inside) - that was about it. We didn't have much money, so that didn't take up much space. When we added kids to our inventory, a packet of nappies appeared. With our first auto, car keys were added. Then a bank book and a small book of cheques. A toothbrush and a tube of toothpaste for brushing between meals, some make-up to enhance Wife's natural beauty, more keys for this and that, a small calendar diary to keep track of Guide meetings and such, a pen and pencil set, a small first aid kit (for the aforementioned kids, now grown bigger), sunglasses, followed (eventually) by reading glasses, headache pills (on account of the kids, grown even bigger) "And a bigger kid, who shall be nameless," Wife says, the most recent letter from Mum (Grandma to the kids, who have at this point reached terminal height), a list of birthdays of brothers, sisters and in-laws and their kids, and of friends, who have become as important as relatives as friendships grow longer, small packages of those moist facewipes and sugar substitutes the airlines give you but you don't use, mint-flavoured toothpicks, still wrapped, a swizzle stick or two, breathmints and cough candy. There are many other things in there I haven't seen.

As her handbag has suffered, so has Wife, from the demands of the man in her life, who hates to carry his own money and keeps losing track of his own keyring, containing the keys to his truck, the house, garden shed and garden tractor. He also asks Wife to carry the family money, family keys (which include spare keys to his truck, garden shed and garden tractor) and any outstanding bills. And, of course, a spare comb. He can never find his.

The handbag has grown to accommodate the demands put on it - and in it. To transfer the contents to another, equally capacious bag, is an exercise in advanced logistics. I'm fascinated by the process - all of these essential items marching from one set of leather receptacles to another, filed according to their importance, front to back in a series of concealed pockets.

I think Wife's biography is in that handbag.



Our cartoonist, Teresa McIsaac, is taking a rest to study and upgrade her artwork. By way of thanks, we reproduce her first cartoon for the Totem Times.

Dogs to be Tested for Heartworm Disease

A recent scientific survey of 114 British Columbia veterinarians confirms that canine heartworm disease has found its way into the province. The report indicates that more than 50 cases of the sometimes fatal disease were diagnosed in 1991.

Canine heartworm disease is caused by parasitic worms that live in a dog's heart, resulting in impaired blood flow and damage to the heart, lungs and liver. In cases where the damage to internal organs is extensive, the condition may be terminal.

The disease is spread by mosquitoes. When a mosquito bites an infected dog, it can spread the disease to other healthy dogs. One family pet may be the source of infection for many dogs.

Dr. Gordon Mackenzie, a practicing veterinarian in the southern Okanagan, was the first to detect the disease in B.C.

"We were not even aware that



heartworm disease was in the province," said the doctor. "But when performing an autopsy on a local dog, we found 329 adult heartworms clogging the heart and lungs."

It is difficult to determine how far the disease has spread in B.C., says Canadian Veterinary Medical Association spokesperson and Vancouver area veterinarian, Dr.

Jeff Grognet.

"Previously, there was little testing done for the diagnosis of heartworm disease," explained Dr. Grognet. "With the report of its presence in the province, more veterinarians will be recommending their patients be tested."

The most important part of the equation is for the dog-owning

continued on page 12

Comment

About Trivia

The B-24 Liberator

By John Novak

In 1923, Rueben Fleet formed the company known as the Consolidated Aircraft Corp. at Buffalo, New York. It achieved some early success in providing a series of primary training aircraft for the U.S. Army Air Corps, and the U.S. Navy. Later in 1931 the Navy ordered a small number of P2Y patrol flying boats, followed by an order in 1933 for a large number of the PBY monoplane. This twin-engine high-wing patrol aircraft (later known as the Catalina by the RAF and Canso in the RCAF) was produced in both flying boat and amphibian versions. It became one of the most famous maritime patrol aircraft of WWII during the Battle of the Atlantic, and in its extensive role in the Pacific.

However, Consolidated became best known for its design and production of the B-24 Liberator bomber. The prototype XB-24 first flew in December 1939, and was soon being built in great numbers. By the end of WWII the "Lib" turned out to be the most produced warplane in the U.S. No fewer than 18,400 of them in various marks rolled off the assembly lines. The main reason for those numbers was that the "Lib" was easier to build than the B17 Flying Fortress. Five large aircraft plants were engaged in the B-24 construction program. At the Ford Motor Company's half-mile long assembly line, in Willow Run, Michigan, the proud boast was "We can produce a Liberator every 50 minutes!" The B-24 saw widespread service in both the European and Pacific theatres. It served as a strategic bomber with the USAAF's Eighth and Fifteenth Air Forces operating against Germany. As a patrol aircraft it exercised a decisive influence on the Battle of the Atlantic, due to its long-range capability. B-24 squadrons from three air forces took part in that battle. The RCAF flew B-24's from Newfoundland, the USAAF from Iceland, and the RAF out of bases in Scotland. This joint operation provided complete air cover for convoys during their Atlantic crossings. It also was responsible for the destruction of many a U-boat.

In addition to its combat roles, the B-24 was also utilized as a transport aircraft. Some singular duties involved the carriage of VIPs to important conferences. Notable persons such as members of the Royal Family, the Governor General, Prime Ministers Churchill and MacKenzie King were some of them. In service, the B-24 proved to possess good handling characteristics, considerable structural strength, and enormous versatility to allow its use in so many modes. I recall being shown over one of the bomber versions which was at RAF Station Benson Oxfordshire in 1943. Several features of that aircraft remain fresh in my mind to this day. One was the capa-

cious areas of its interior, which made for ease of movement between crew positions. This "roominess" came as a real eye-opener after being acquainted with the confines of both the Wellington and the Lanc. Another item was the incorporation of twin gun armament, beneath the existing nose turret. The guns in this chin position were operated by the bomb-aimer, using a periscopic sighting device. Lastly, the narrow catwalk which ran between the bomb racks, and was suspended above the bomb doors. The only provision for safety in this area was a length of chain supported by metal stanchions on both sides of the catwalk. This item seemed somewhat incongruous, when viewed against the technology displayed in the rest of the aircraft.

During WWII certain types of aircraft became associated with particular episodes of the air theatre. Hurricane and Spitfire with the Battle of Britain, and the Lancaster with the Dambusters raid. In the case of the B-24 Liberator its most singular exploit was the daylight raid on the Ploesti oilfields in Romania. These oilfields and their refineries were producing one-third of Germany's oil supplies. They were a prime target for strategic bombing, but appeared to be out of reach of Allied air forces. During early 1943, plans were made to attack the oilfields with a long range operation of B-24's from the US Ninth Air Force in Libya, North Africa. Code-named "Tidal Wave," the round trip would cover well over 2,000 miles, mostly over enemy territory and without any benefit of fighter escort. In order to minimize this hazard it was decided to carry out the attack at low level, thereby remaining undetected by enemy radar for the longest possible time. When the bomber crews were withdrawn from other operations, in order to concentrate on intensive low flying formation practice, it came as quite a shock. Their previous operations had been carried out at high altitudes, and the B-24 was unsuited to low-level operations. All objections to the proposed low level tactic were demolished by reasoned arguments, one of them being that it would carry the element of surprise, in addition to avoidance of radar detection. Another was that the tactic would reduce the time during which flak units could engage the attackers, and it would limit the defending fighters to their interceptions from above only. So the training was carried out, and the B-24's were prepared. Overload fuel tanks were installed in the bomb bays, along with a 4,000-lb bomb load. The bombs were fitted with delayed action fuses, so that later aircraft in the formations would not be caught in the explosions of the bombs dropped by the first waves.

At dawn on the 1st of August

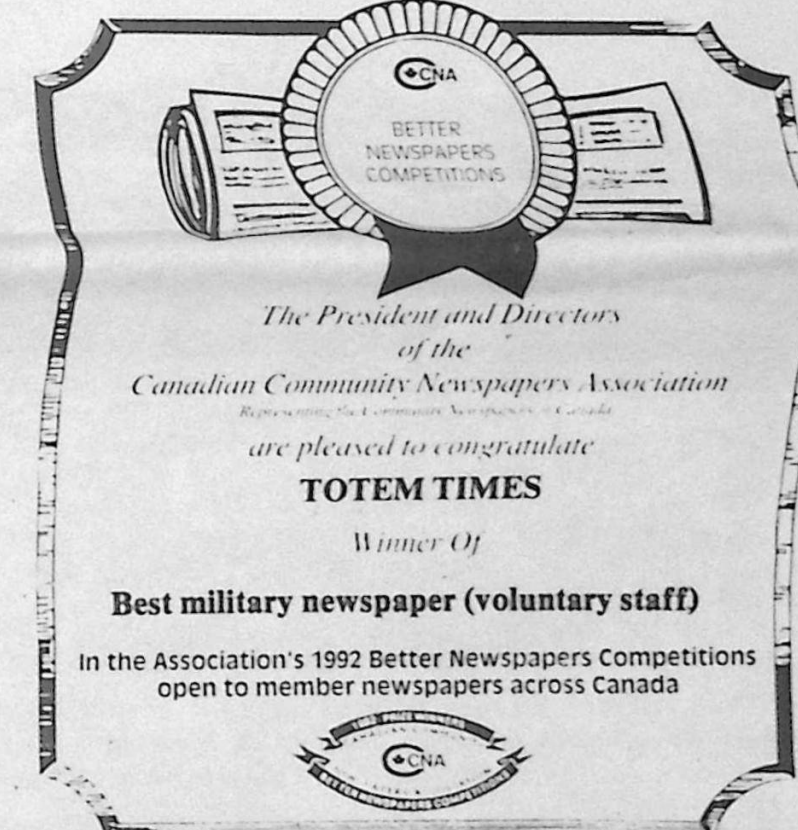
1943, the first B-24, carrying the lead navigator, took off followed by 177 others. 26 of these aircraft were manned by "green" crews devoid of any operational experience. Things began to go wrong for the raiding force from the very start. The much vaunted theory of a surprise attack fell by the wayside. The Luftwaffe's early warning network destroyed that essential element when it intercepted the routine American radio transmissions during take off and forming manoeuvres of the bombers. During the low level training over the Libyan desert some of the B-24's engines had ingested sand. The results quickly began to tell, as the formations headed out over the Mediterranean Sea. Eleven aircraft jettisoned their bombs into the sea and turned for home with engine problems. Further on along the route, the lead B-24 carrying the operation's lead navigator plunged into the sea for no apparent reason. This was to have a dramatic effect on the whole outcome of the operation, as the wing man, carrying the deputy lead navigator, dropped out of formation to look for survivors. The wing man then found he could not catch up with his formation and turned for home base. Further problems beset "Operation Tidal Wave" as it approached Rumania. The plan was for the planes to cross it to a point northwest of Ploesti, veer back to the target, carry out the bombing and return to North Africa. However over Rumania, the command bomber of the first group turned too soon, misleading the following groups and they all approached the target from the heavily defended south. Thanks to their early warning network the Germans were ready and waiting. Flying in at treetop level, the strike force ran into a solid wall of flak. The A.A. crews were able to zero in on the B-24's simply by

visual sighting. Luftwaffe interceptors pounced from above, braving their own flak. Some elements of the raid were carried out in the wrong sequence, resulting in one group having to make their run through a smoke covered area. Hidden in that murk there were high factory smokestacks, and balloon defences. Of 16 B-24s that entered that dense smoke-filled area, only 7 emerged. As the attackers turned for home, Luftwaffe fighters overtook them, and a running battle ensued with the unescorted bombers. The return to base of the scattered B-24s came as something of a shock. The raid had been successful, the target Ploesti had been hit, and it was estimated that it had achieved 60 per cent destruction of those facilities. But the cost was high when the losses were tallied. Of the 178 B-24s that took off, 12 aborted, 54 were lost, and of the 112 that made it back to home

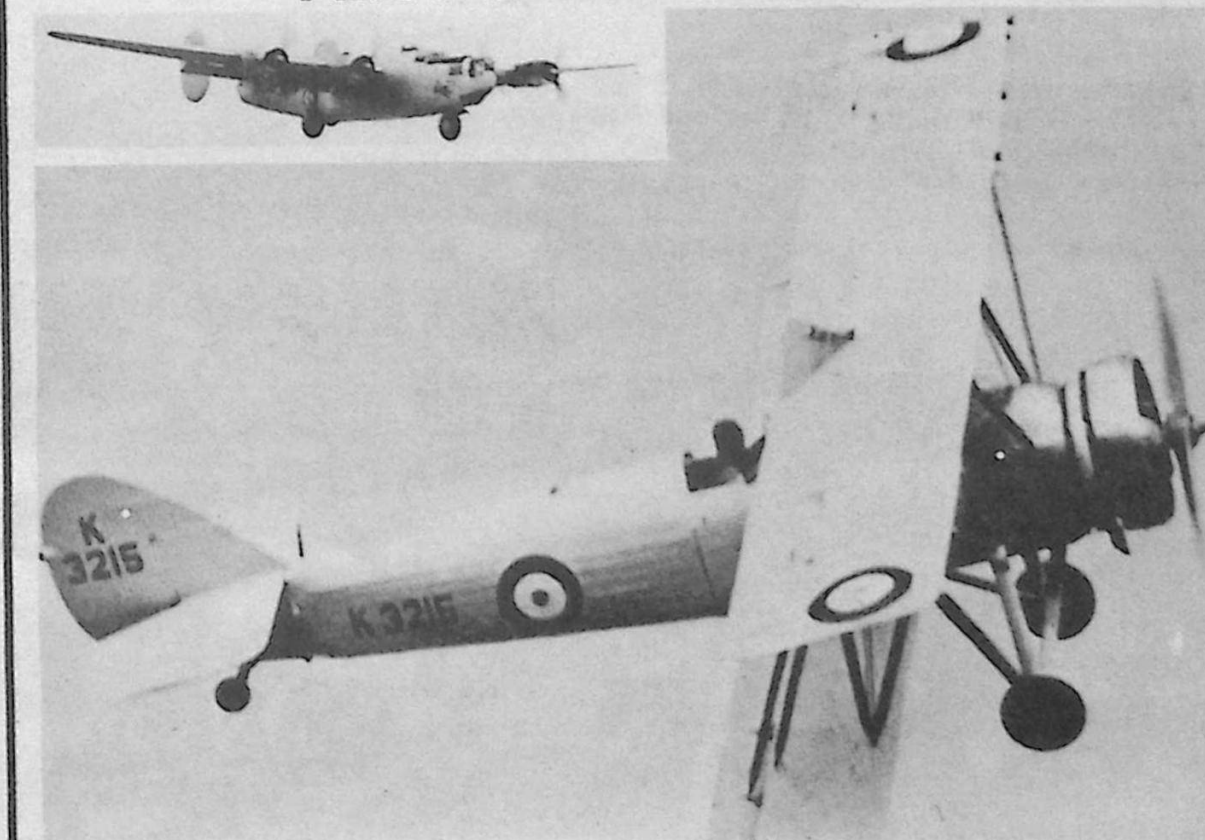
base, only 33 were flyable. 540 crew members did not make it back, some of them ending up in Rumanian prisons. When the Allies obtained a foothold in Italy, they had bases from which they could attack Ploesti with fighter escort all the way. The facilities had been restored to full production again and it was one year after the August 1943 raid that the oilfields and refineries were completely knocked out. A total of 23 attacks were made on Ploesti at a cost of 270 aircraft. Although 1,000 of the aircrews involved who were reported killed or missing during these raids were prisoners and later repatriated, it still left 1,200 known killed or not accounted for.

B-24 Specifications. Wing span 110 ft. Length 67 ft 2 in. Powered by four P&W 1,200 hp Twin Wasp engines. Range 2,100 miles with 4,000 lbs bomb load. Crew - 10.

Third in a Row



AIR FORCE TRIVIA



Trivia Answer

(inset) B-24 Liberator. See John Novak's article

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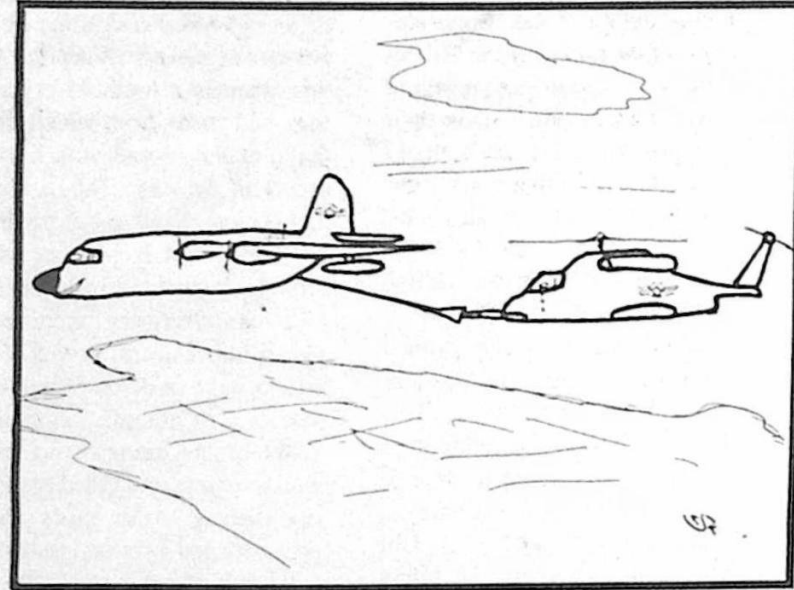
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Feature

Marine Aviation Group 42 visits CFB Comox

Photos by Cpl Brace, Base Photo Section

The visiting Marine squadron carried out air-to-air refuelling exercises over Georgia Strait recently.



1-339-8100...."Hello, is this CFB Comox? I think one of your aeroplanes is in trouble. There's another one towing it home!"

"Groundhogs" at Rest



H-53 Marine Support helicopters await the call

Flight Line Activity



Marine Aviation Group 42 gets ready

Ready to Launch



"Intercom Disconnected." Marine crew chief gives hand signals to the pilot of A-4M fighter.

Section News

As the Beacon Turns

Hello! Once again it is time for the Butcher to grind out some ATC news.

OK, first we have some people checked out. Dan Borne is the newest PAR controller in town, also we have a new tower controller, Lt Finnmore. Congratulations guys! Friday the fifth, a historical moment took place in Comox. For the first time since I have been here, all our Auroras were flying at the same time. Still on Friday, we had the section mug out. Where was Gilles and his burgers? I think he heard some undesired comments and left. Well, he told me he would keep the exclusivity of his cuisine for the tower, where he can be appreciated. Other than that, the usual spicy speeches were made.

I don't know why but free suds seemed to be more popular than anything else. It is amazing how you can be popular when you give your stuff away.

Baseball news. The team is doing well. They have a record of 5 wins and 2 losses. I don't know why, but when you win a game by the score of 24 to 23 shouldn't you be playing football? Whoever was pitching for that one won't see any more action this season. Mr. Tack is back swinging like a windmill. It's about time they were thinking about getting you a persona; batting instructor. The old lady in the Chevy commercial, "Don't you buy no ugly truck!" That would be a good way to make him learn fast.

Tower world. Lt Susan Dunn broke the record for the longest ATIS message. 99 seconds! I think she wanted to make sure she would be in the record book. I don't know, but with this performance she should be in greatest bloopers! But don't worry, I have seen people picking up the FM transmitter and transmitting the ATIS message for Hydro and CE3. Other than that, I heard a karaoke machine would be available for those who would like to sing during quiet times. Can you imagine WO Taylor singing Barry Manilow's greatest hits? IFRCC. There is going to be a telethon coming in July on CATV 10. The money will be used to build a gas station for Capt Dimmer. It will be built just between

here and the radar dome. You know, those Jeeps don't get many miles to the gallon. OK Dan, those trucks that you keep buying, they are not Matchbox! Where are you going to park them? Capt Anderson was appointed CC

IFRCC. Congratulations, and you know what that means. PT every morning starting at 6 a.m. Other than that, no juicy news. I guess I'll have to go downstairs to shake the boredom out of you guys! See you next edition.

A Bronze Seal for Reg



LCol Challenger, BopsO, presents the Bronze Seal, 4th Level, CF Award of Aerobic Excellence to MCpl R. McAuley, Base Intelligence Section.

We did it!!



Back row L-R: Harlin Price, Adam Simpson, Dave Mofford, Garry Sawyers. Front row L-R: Mel Bush, Hank Oak, Mike Turcotte, Ron Clarke. Not pictured is our Iron Man, Al Doole.

First it was the Snow to Surf, now those Geritol Gents have taken on the Island Farms relay race. There may be snow on the roof-tops, but there is fire in those legs, and lungs, and feet, and brains!

It was long and hot. The challenge and fun of participation was surpassed only by the self satisfaction. The word Annual is scary - sounds as if we will have to do it again. I am sure that as the body heals and the mind forgets, only fond memories of the challenge will remain and we will be back next year.

We have learned by our mistakes and will be better prepared next time. Thank you for your support, CFB Comox.

DR. RON PETA

is pleased to announce the opening of his new dental practice

BRAIDWOOD DENTAL CLINIC

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When Canadians work together we can take on the world and win.

To succeed in today's world, Canadians must be able to compete because our jobs directly depend on it. Preparing ourselves through training will help us to compete and secure the prosperity we want for ourselves and our children.

We have to invest in ourselves and be a country that says ... yes we can.



This Ontario company has captured 50% of the world market with CorelDraw, a software graphics program for IBM and compatibles. It exports 90% of its products to Europe and the U.S. and attributes Free Trade to the fact that it can operate so successfully from Canada, using Canadian talent and initiative.

Yes we can. We've got the proof.

Canadians are succeeding every day. Many individual and business successes exist... with real benefits for individuals, the communities they live in and for Canadian industry.

Hundreds of Canadian companies are achieving remarkable international success. They're creating jobs, developing new skills and opportunities for thousands of Canadians and creating markets around the world for Canadian products.

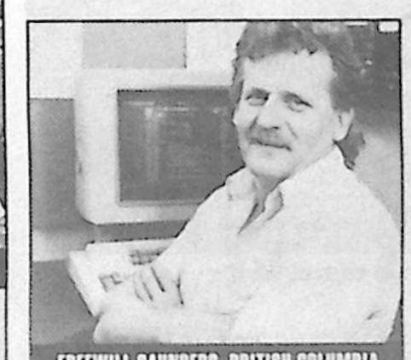


The Prosperity Initiative's Steering Group is developing a consensus-based plan of action to be presented to Canadians in September. Canadians told us that they wanted to participate in developing this plan of action. We listened...

Through a series of "Community Talks", thousands of people in 186 communities across Canada have contributed their ideas. They talked about how to address the challenges and opportunities facing us all in the areas of competitiveness and learning. They talked about how to maintain our standard of living and secure our economic future. They concluded that all of us have to play a part... and the government is listening.

Yes we can. We've got the ability to build on our successes.

We have a history of working in co-operation with others for world-class achievements in peacekeeping, medicine and space exploration. Now, with business, labour, governments, academic and social groups working together, we can achieve prosperity through international competitiveness. But there is one more critical factor: Canada's ultimate potential depends on the commitment of individual Canadians to being the best.



"I had to make a decision to change careers. I chose to go into computer programming and part of my course was on-the-job training at BC Tel where I now work as a programmer analyst. Training really opened up a promising future for me in a fascinating industry!"

Yes we can. We've got the people.

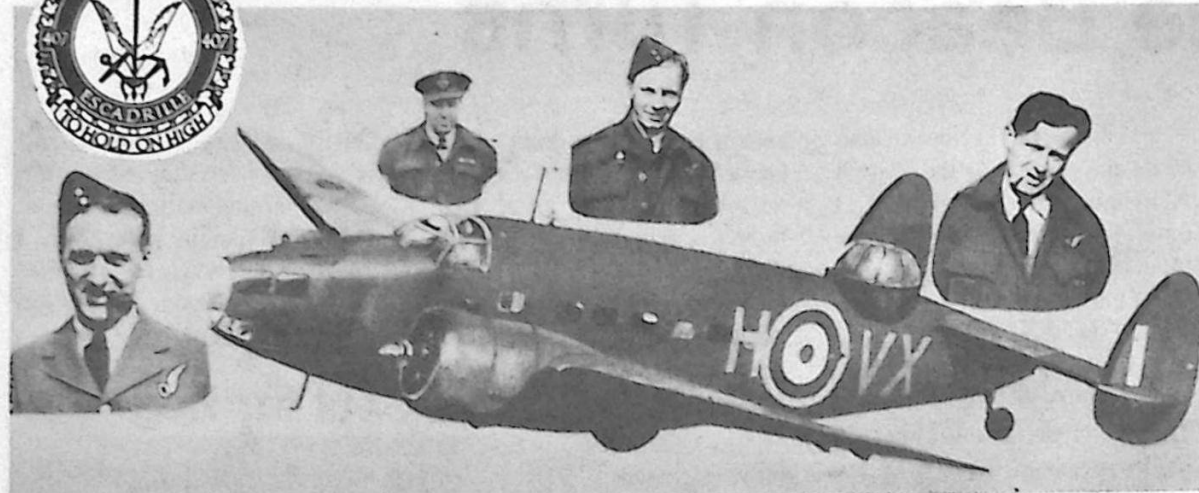
It's time to focus our energies on our most important economic challenge yet... and prepare ourselves for a more prosperous future.

Yes, we can!

Canada

NEXT DEADLINE 22 JUNE

407 Squadron History



The Hudson departs



Lt Robert Tarzwell

With the move to Bircham Newton, the squadron also turned over many of its aircraft to training and maintenance units. Rumours about the squadron's future role abounded. The Mk V Hudson was perceived by Coastal Command as unsatisfactory against convoys which were increasing in size and defensive armament. The Hudson's range was too short, and its armament load too small. Squadron morale reached its nadir.

In winter 1942, the squadron received orders to prepare for overseas posting, either to Africa or Gibraltar. There was also a rumour and a hope that the replacement aircraft was to be the Mk VI. Neither of these were to be, as on 10 December the posting order was cancelled.

Hopkins chronicled news of the new aircraft:

Jan. 29/43 Well the "sad" news has arrived at last! We are converting to "Wimpy" Wellingtons. The first 2 landed about 3:15 in the afternoon. They've done a very good job in Bomber Command, but we sure don't like 'em, they'll carry a 2 ton load and are of geodetic construction, the strangest built kite there is. We're keeping a few Hudsons till we have a conversion course.

Feb. 13/43 We saw our last Hudson go today, it was "O" for Oscar, they've sure done some good work.

The Vickers-Armstrong Wellington was powered by twin Bristol Hercules 14-cylinder two-row sleeve valve radials, yielding 1675 horsepower and a top speed of 300 mph. It had a large chin radome, retractable Leigh Light and could carry torpedoes.

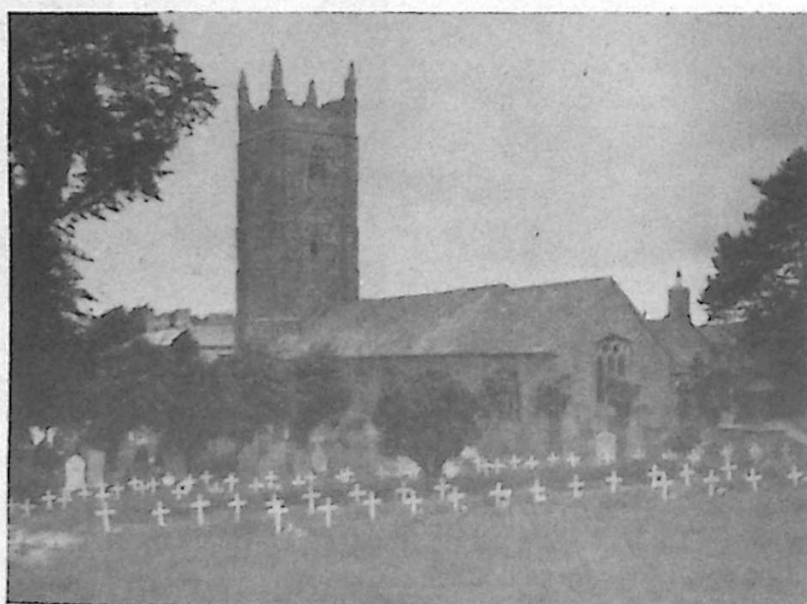
Hudson operations throughout the war had cost the squadron 24 aircraft, and of the 99 crew members on those planes, eight survived as prisoners of war. Other casualties brought the total figure to 102 killed or presumed dead, and in training and ground accidents, a further 28 members had lost their lives.

The Wellingtons Arrive

On 16 February 1943, the squadron moved to Skitten, Caithness, to finish conversion training under control of 18 Group, and operational flying with Wellingtons began on 17 March. Only one submarine was spotted during the time at Skitten, and at the end of March, 407 moved to Chivenor, North Devon, under control of 19 Group. On arrival their Wellingtons were equipped with Leigh Lights.

The new mission was termed General Reconnaissance, essentially dedicated to anti-submarine patrols, and 407 rejoined the Battle of Biscay.

Final Rest for 407 Aircrew



Heanton-Punchardon churchyard

After the fall of France in 1940, the Kriegsmarine was able to acquire the ports of the Bay of Biscay and was consequently able to send its U-boats further afield on longer patrols. As well, U-boats no longer had to run the gauntlet through the English Channel or the North Sea to reach their home ports.

First contact with the enemy was on 21 April when F/L D.G. Pickard's crew got radar contact which led to the sighting of a surfaced U-boat. After exchanging fire, the sub crash-dived, and the Wimpy dropped its depth charges ahead of the swirl. No results were observed. Second contact was made that same night when the crew spotted a U-boat silhouette against the moon-path, but because the Wimpy had no depth charges left, the crew had to satisfy themselves with strafing

the hull and conning tower.

The first confirmed kill was scored on 6 September when P/O E.M. O'Donnell's crew caught U-669 on the surface northwest of Cape Finisterre and sent it to the bottom with five well-aimed depth charges. The attack was close in - the Wellington's trailing aerial had been left wrapped around the conning tower.

L.A.C. Hopkins records that September did not end on a triumphant note:

F/O Austin went on ops in "P" later at 21:45 with P/O Booth, Sgt Revill, W/O Merrit, W/O Smith and W/O Rolfstead. At

3:15 a.m. on the 27th we received as SOS that they were going into the drink. It is thought from reliable sources that ice formed in the carburetor and he didn't have time to turn on the heat.

We've heard since that the whole crew got into the dinghies, but a Gerry fighter shot it from under them. At 5:45 a.m. W/C Archer, F/O Goodwin, F/O Nye, F/O Craig, F/O Bier and P/O Parker went in "Q" in a search for them, and at 7:45 a.m. we received an O-break-A that he was being attacked by fighters.

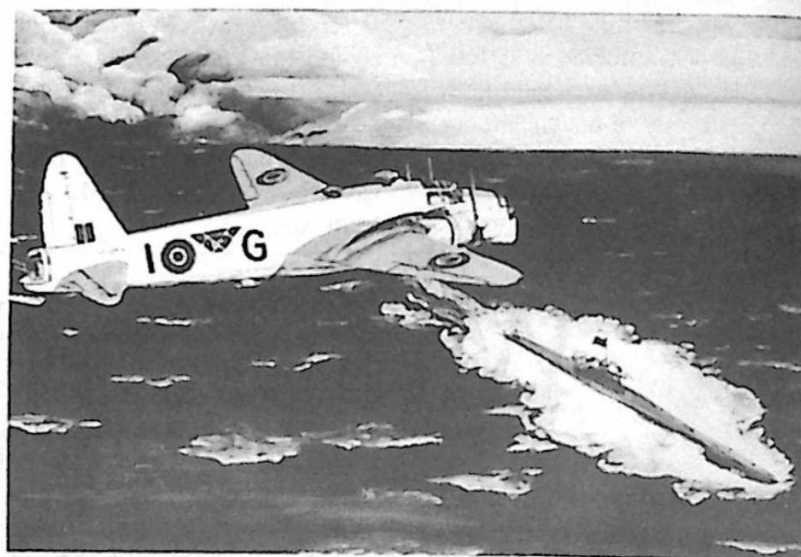
That's the last we heard.

This was the second CO in a row killed in action. He was replaced on 2 November by W/C R.A. Ashman, 407's first RCAF CO.

407 History in Art



Lockheed Hudson



Vickers-Armstrong Wellington

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RCAFA

CALENDAR OF EVENTS

JUNE 1992

Sat 20 June.....SALMON BBQ
\$5.00 per person. Members and Guests. 7:30 p.m.

Sat 27 June.....GOLF TOURNAMENT/BBQ
\$16.00 per person. Members and Guests. Tickets at the Wing

CRIBBAGE NIGHTS.....1st & 3rd Monday each month 7:30 PM.

DND AND MILITARY PERSONNEL WELCOME

WING HOURS OF OPERATION ARE AS FOLLOWS:

Thurs 11 a.m. - 6 p.m. (except AFIS nights)

Fri and Sat 11 a.m. - 1 a.m. Sunday 1pm - 7 pm.

NEXT DEADLINE 22 JUNE

Section News

Corporal Vince



Cpl Vince Horne, an IE Technician working in 407 Sqn ASO Servicing proudly accepts his hooks from SAMO, Maj McKenzie. Congratulations Vince.

407 Squadron

Servicing 2 Crew

Here's the latest juice from 2 live crew. Congratulations to Rob and Leah Skwirut on the arrival of their bouncing baby boy Joey and for the next year of (I do my MOO I do my POO that's all I do). Welcome back to Mike Oulette from that tropical paradise of the idle rich, CFB Penhold, and good luck to Lou Gallant who's on his JLC trek. Good Luck to Blake Rogers and Clay Scora on course in Greenwood (don't enjoy the wild nightlife too much! Yuk Yuk!!). All our best goes to Cpl Mary Penny who will soon be relocating to Trenton. All those here at 407 will not forget their contact with her (look out, Trenton!) We also bid farewell to MCpl Dave Hooper who is off to Ottawa to be a Penthouse photographer or Sar Tech or perhaps Special Forces (something like that anyway).

Cpl Warren is also off to Ottawa to learn to speak that web-footed language. Furthermore, the guys and gals that are back from Alaska bid the Moose Creek Lodge a fond farewell. As a result of the FRP, we must say goodbye to a few personnel. Our own WO Maddex will now devote all of his time to his first love, tap dancing.

Whenever passing through Union Bay, stop by and sample the product at MCpl Blanchette's recently established ice cream shop. MCpl Chequis is just going to sit back and enjoy! Cpl Bodnar

may retire to the land of Beer and Schnitzels. Also, Cpl Brasington will now be able to build houses full time. Last but not least, Cpl Angie Hermans will now grow the best veggies in the Valley. Remember that the world

famous 2 live crew ball team is back in action. As a result, we send a challenge to all sections and be forewarned that we are unbeaten! One last note directed to Sgt Mackie, "What is MOHAIR?"

407 CDs



Several members of 407 (MP) Sqn were recently presented with the Canadian Forces Decoration by 407 Sqn CO, LCol Chester. L-R MCpl Ogilvie, Cpl MacNeil, Cpl McKernan, LCol Chester.

Aerobic Award for Kelly



LCol Chester, CO 407 Sqn, presents the CF Award for Aerobic Fitness, last Bronze Seal for her second seal, to Cpl Kelly Christensen.

Comox Air Force Museum

May - Sept 10 am - 4 pm

Wed thru Sun & Holidays

Featuring GULF war, VU33 & 409 Sqn Displays

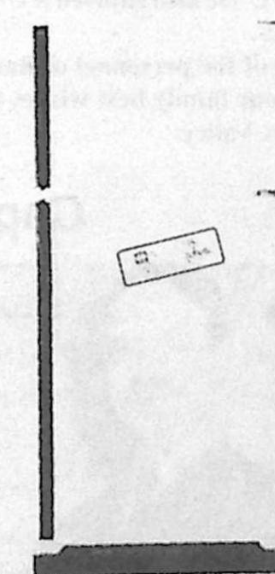
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At the gate of CFB Comox

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\$35 rebate

(Offer valid from April 1 to December 31, 1992.)



Some fridges have less appetite for energy.

There are now over 100 Power Smart energy-efficient refrigerators to choose from. And to help you decide, Hydro is offering two significant cash rebates. A \$35 cash rebate for energy-efficient models or a \$70 cash rebate for super energy-efficient models.

When you're shopping for a new fridge, be sure to ask your salesperson to show you the qualifying Power Smart models. A complete list is also available from your salesperson or local Hydro office. To receive our special Power Smart rebate, fill in the rebate form and send it with proof of purchase. Your rebate will be on its way by return mail. And because your new fridge is Power Smart, you also get ongoing energy savings. So you save now...and you save later.

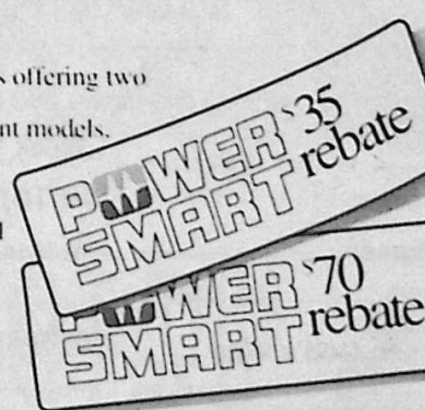
BC hydro

Smarter.



\$70 rebate

(Offer valid from July 1 to December 31, 1992.)



Section News

TQ4 Supply Technician Graduation



Front Row: Sgt Caron, Chief Instructor; Maj Pipe, BSupO; MWO Smith, SAO.
Second Row: Pte Parsons, Pte Laforge, Pte Mills, Pte Girard
Third Row: Pte Dallaire, Pte Morneau, Pte Kavanaugh, Pte Pelletier, Pte Belliveau
Well done to all on completion of your course.

Lt. Leona



2Lt Leona Allesley is shown receiving her new Lt rank from the B.T.S.O. LCol G.S. King. Well done - from all Supply personnel.

Cpl John Russell Retires



Shown above is Cpl John Russell being presented with his retirement plaque from Maj J.R.C. Lameroux, Commanding Officer Canadian Forces Postal Unit Trenton, Ontario. Cpl Russell retires after spending nearly twenty-one years in the Canadian Forces as an infantryman and Postal Clerk in such places as London, Ontario; Baden-Soellingen, W. Germany; Galetown; Calgary; Trenton and Comox. He also enjoyed a UN Tour with the Peace Keeping Force in Cyprus.

All of the personnel of Base Transport and Traffic extend to you and your family best wishes for a long and happy retirement in the Comox Valley.

Capt Karen



The newest Captain in the Base Transportation Section put up her rank on 1 May last. It was with pleasure that LCol King, B.T.S.O., made the presentation to Captain Karen Vedova.

Capt Vedova was the Mobile Support Equipment Officer until her recent departure to undertake more important duties at home. At approximately 1530 hrs on May 27, 1992, Phil and Karen Vedova presented the world with their first offspring. From all the personnel in the Base Transportation Section...Welcome Mathew Alexander Joseph Vedova!!! Congratulations Phil and Karen!

NEXT DEADLINE 22 JUNE



BAMSO

Greetings from DIAC. This summer will find many new faces in the DIAC, but first the news about the old faces. Rumour has it that we're trading in our Captain for a young Lt. but, nothing official on that yet. WO Teasdale is definitely on his way out and has been very busy with his resume and job hunting out in the foothills. Sgt Symons is also retiring after a long career and plans to call the Valley home. He'll probably fill his days with fishing derbies in hopes of catching the elusive "big one" instead of just netting it for someone else. Good luck, Jim. MCpl Pilon is busy studying computer science to take the Valley's computer industry by storm when he also retires. MCpl Ward is one of the few in our trade who hasn't chosen FRP and is taking a post-

ing. He and Cathy are headed for the far east (Shearwater). Cpl Benoit and family are also loading up the family truckster and heading east but they're only going as far as Petawawa. WOP WOP WOP!

While these characters prepare to leave it's still business as usual around here. Our final spring course graduates on 5 June and the Greenwood students are happy to get back home after six weeks of mind-numbing high tech info. Sgt Mofford and Cpl Tremblett were off to Vancouver viewing the latest in electronic gadgetry. MCpl Middleton was in Greenwood on a new drum plotter course and has volunteered to take over as PMC of the JR Mess. Good luck, Mark.

MCpl Ward has worked very hard to collect \$1000 in pledges

for the Great Walk of Thasis. He will donate the money to the Child Development Centre and a day later will be winging his way to Mexico with 442 Sqn. Hope the sun and salt water will heal those blisters.

Super Dave has been out sailing the high seas as often as possible. Just a word of advice though Super, check the marina Lost & Found for your anchor. You didn't really think we wouldn't find out, did you?

Until next time...have a great summer.

Safety Systems

It's that time again, Posting Season!!!! and with the coming of summer means that we have to say goodbye to some of our friends and bosses who are on the move.

First of all, MCpl Cory Cooper - our own "Coppertone Kid" is off to the Cool Pool where he will join the ranks of 10 FTTU. I bet his tan will be a shade lighter by next March. Good luck, Cory.

Next we have MCpl Don Busieres, who is off to our nation's capital to rub elbows with the people in Uplands. Now we have to find someone else who can fix all the mistakes we make on the computer. Don, we hope your stay in Ottawa will be as enjoyable as your stay in Comox.

Mr. ATAT, Sgt Steve Nicholls, will be leaving us for Geilenkirchen, Germany. It's been said that now Steve is begging Willy to take him out fishing on Willy's newly acquired boat. We want to wish Steve and his family a great tour across the pond.

Finally, our fearless leader, WO Don McDonald, is returning to his family and friends at his old stomping grounds in Moose Jaw. Why would anyone want to leave Comox after only ten months??? We will miss his grinning face during lunch hour as he slams the queen or ten on a trick that Sgt Keith Spragg has won.

Speaking of Keith: a WARNING!!! If you are in a hurry,

DON'T ask him about his CF-18 ride. He enjoyed himself so much that all he talks about is trying for another trip.

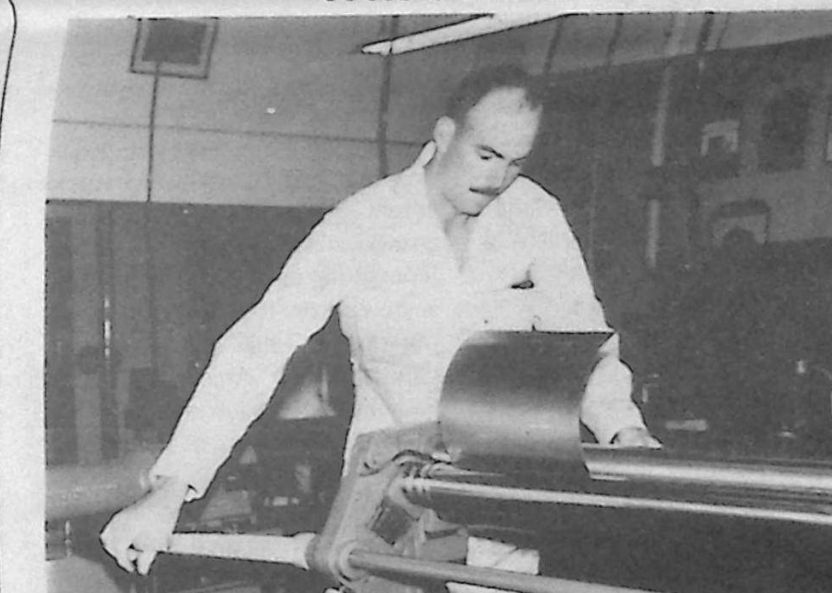
We also have Cpl Roger Belanger leaving our shop to work down at the Sea Survival School. Roger is replacing Cpl Doug McElwee who will have to be dragged, kicking and screaming, back to the shop. So if you see Roger in the near future, you'll probably see a permanent silly grin on his face.

Now for some news from the rest of the shop. Pte Tim "The Model" Dykeman gets his accelerated promotion to Cpl effective 8 June 92. This is good news for the rest of the shop, because we can finally get a free drink out of him. Congratulations, Tim!!!

Cpl Terry Hietanen is our competition crew tech this year. Go get 'em "Hitman." Michelle, Bert and Paul all have written their TQ4's and now have the agony of waiting for the test results. At least there's no more studying every night.

Well that's about all for now. See you next time! Oh, one more thing - No, Willy, you can't go fishing in your new boat during lunch hour!!!!

What we do....



Cpl Doug Brown, Metal Tech, shaping material for use.

Lt. Chris



LCol G.S. King, Base Technical Services Officer, congratulates Lt C.F.B. McCarthy, BCE Eng O, on his recent promotion to that rank. "Well done, Chris!"

TOTEM LOUNGE

CFB COMOX JR RANKS MESS

STEAK AND LOBSTER NIGHT

19 JUNE 1992
DINNER STARTS AT 18:30
DANCE STARTS AT 21:00
FEATURING

THE MALOOMBA BOOGIE BAND

MEMBERS \$10.00
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PLEASE BRING YOUR OWN LOBSTER CRACKERS
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.....SmallConroy
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.....PhillipsTannenbaum

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RECYCLE THIS NEWSPAPER TOTEM TIMES

Feature

The Royal Navy at Comox Bay

Captain George Vancouver of the Royal Navy frigate, *Discovery*, charted Comox Bay and eastern Vancouver Island waters in co-operation with the Spanish navigators Quadra, Valdez and Galiano. Their 1792 to 1795 presence established forever the 1778 musings of Captain James Cook and Spanish explorer Juan Perez, 1774-1775. They found no northwest passage through the continent. Comox Bay was named Augusta Bay by Vancouver in honour of Queen Caroline Augusta. That earlier Spanish footholds on Vancouver Island like Nootka Sound were gained by the British flag can be traced to European history where France threatened Spain.

After Chief Factor James Douglas of the Hudson's Bay Company opted for Victoria Harbour in 1843 as the site for his new post, the harbour of Esquimalt awaited Royal Navy use. Lacking surrounding fertile land, that sheltered bay could benefit only a military base. Other bays, like Augusta Bay or Comox Bay, were certainly explored by the British Navy, but the tensions of the distant Crimean War, 1854 to 1856, precipitated a decision for Esquimalt.

Goose Spit emulated Coburg Spit near the new naval base. As the protecting entrance to Comox Bay, it offered ideal onshore rifle practice and training camp opportunities. An abundant source of fresh water was available at adjacent Millard Creek. Growing urban population eventually forced Coburg Spit to close. Goose Spit revived in Royal Navy use.

The plaguing question arises as to why the Royal Navy chose not to develop Comox Bay as a regular naval base. Not that two Pacific bases were needed, but why was the much smaller Esquimalt Harbour developed over Comox or Augusta Bay? The navy anchored in the latter in 1848 when Captain George Courtenay exercised the artillery of HMS *Constance*. Regular encampments were made at Goose Spit from 1849. The site was commissioned as a military zone in 1852. But never was it the main base, always, as World War I and World War II illustrated, a side-theatre of major operations elsewhere. Esquimalt's more favourable winds in the Strait of Juan de Fuca would be a minor advantage in the age of steamboats.

Robert Dunsmuir, the industrialist, sought to load coal freighters in Comox Bay in the 1890's, but the southern shore was too shallow. Expensive land at Port Augusta opposite Goose Spit offered the only deep water site. To connect the Cumberland mines by railroad to Port Augusta at the high real estate prices being asked necessitated an alternative

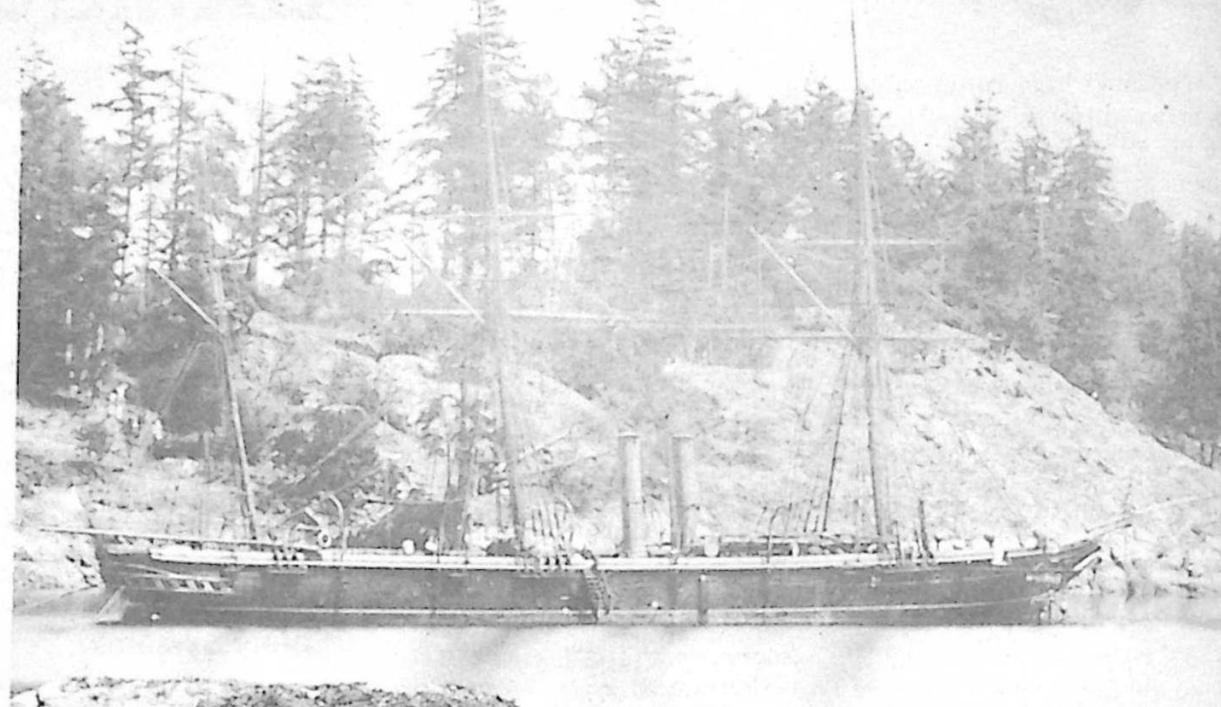
decision to establish the port of Union Bay to the immediate south. Were the Royal Navy explorers equally troubled by the shallowness of Comox Bay at an earlier time?

Other strategic possibilities must be considered. The Hudson's Bay Company was certainly preparing for eviction from the Oregon Territory before 1846. The very reason for building Fort Victoria was to provide an alternative to Fort Vancouver near the Columbia River mouth. With the arbitrated boundary set at the 49th parallel, Fort Victoria operated as both fur trade depot and colonial capital in 1849. There can be no doubt that Esquimalt naval base, located on the southern tip of Vancouver Island, well below the mainland 49th parallel, was positioned as a deterrent to American annexation. Whether a Comox Bay naval base could have fulfilled that military function is debatable, being 130 miles to the north of Esquimalt Harbour.

The Royal Navy kept an average of sixteen warships on station at Esquimalt during the 1860's and 1870's. They exerted British influence in the Pacific Ocean, alternating with bases in Valparaiso, Chile, and Hong Kong, China. On the British Columbia coastline the warships disciplined the native Indians, prosecuted the whiskey-traders, and kept both the Alaskan Russians and the Oregonian Americans at bay. There were no competing navies in that era, but "showing the flag" had important diplomatic value and prevented "fait accompli" American expansion into British territory, such as had happened in Mexican California and British Oregon in the 1840's.

The closest such American presence got to Comox Bay occurred on nearby Hornby Island. There, whiskey smugglers from Washington Territory would rendezvous regularly to water-down their liquor and trade with gathered Indian tribes. Hudson's Bay Company steamships often encountered such illicit traders and reported the smugglers to the Royal Navy at Esquimalt. Of sail and steam in those days, British warships could navigate well and quickly in response to the interlopers. Yankee traders were frequently caught, their ships confiscated, and their "rot-gut" destroyed.

The navy had a more formidable task in subduing the often-drunken Indian tribes of the coast. Many villages were cannonaded into cedar splinters in order to effect "peace and good government." A naval base at Comox Bay would have been threatened by the numerous and warlike Euclataw tribes of Campbell River and Quadra Island. They numbered 4,000 in 1850. HMS *Forward* in 1864 and 1865 could not intimidate the



HMS "Sparrowhawk" in Port Augusta

marauding Euclataws at Comox Harbour. Admiral William Denman commanded three warships, HMS *Sulley*, HMS *Elis* and HMS *Sparrowhawk* in a punitive expedition. The Euclataws were dispersed and their chiefs arrested.

Before the First World War and the creation of the Canadian Naval Service in 1910, a dozen Royal Navy warships frequented Comox Bay. The Goose Spit camp was closed in 1906 when most of the Esquimalt fleet sailed home to a troubled Europe. After the 1914 war and before Hitler unleashed a second conflict, fifteen British cruisers had sailed the Bermuda-Panama Canal-Pacific Ocean route to eventually rest and exercise in Comox Bay. HMS *Orion* was the last in August of 1939. Canadian vessels, beginning with HMCS *Rainbow* in 1911 and seeing HMCS *Comox* in 1938, took the British place.

Official British Admiralty records reveal that the choice of Esquimalt Harbour as a naval base occurred in the late 1840's, and at the highest political level, Downing Street. The British government sought to protect the Imperial interests of the Hudson's Bay Company. Thrown out of Oregon Territory by 1846, the Company saw Fort Victoria as a bastion of their continued presence on the British Columbia coast. The adjacent Esquimalt naval base would secure the fort. The British government created a Crown Colony of Vancouver Island in 1849. Colonization and settlement under the Union Jack demanded Royal Navy presence in the Fort Victoria area.

Hudson's Bay Company posts on Vancouver Island were few and far between. Comox Bay supported a post in 1868. A permanent building was erected in 1871. It closed in 1878. Fort Victoria was erected in 1843, Fort Rupert in 1849, and Fort Comox Bay in 1852. These posts were to be protected by the Royal Navy. If politics and economics seem to have decided the location of the Esquimalt base, verified evidence comes in Admiralty correspondence for 1857 and 1858 -

Royal Navy Visitor

years of the nascent goldrush. The British government was anxious that the Royal Navy support the civil authority and protect Imperial interests in the Fraser River goldfields. With Esquimalt being very close to the ingress port of Fort Victoria and not far from the Georgia Strait entrance to the Fraser River, it could best accommodate warships destined to control and monitor immigrating foreigners, overwhelmingly

Americans.

Neither Comox Bay nor any other choice for a British Columbia naval base could contend with the exigencies of the 1846 to 1858 era as ideally as Esquimalt Harbour. Demographic or dimensional considerations could not approach the political and economic needs of the British government of the period. Comox Bay was too remote for the Royal Navy.

More Heartworm

Continued from page 4

public to become educated about the dangers of heartworm disease and the importance of testing.

"The key to slowing the spread of this serious disease," says Dr. Grognet, "is getting dogs on a simple prevention program."

The Canadian Veterinary Medical Association is participating in a multi-media public awareness campaign urging dog owners to consult their veterinarians to learn more about canine heartworm disease and how it can be prevented.

WHAT IS ALS?

No one really knows. Since the cause is unidentified there is, of course, no cure. The results, however, are only too well known.

ALS attacks the victim's nervous system and eventually all voluntary muscles become useless. Ultimately, the victim cannot move, breathe, eat or communicate and must be kept alive by support systems. Even so, the victim's mind and senses can remain intact as ALS consumes their body. ALS is fatal. On average, life expectancy from diagnosis to death is 2.5 years.

IS THERE ANY TREATMENT FOR ALS?

No. However, as the body deteriorates, there is treatment for symptoms, such as spasms and saliva control. Also, supportive strategies are available to prolong life quality and improve it.

Medical care, as ALS progresses, is very expensive. As more care and equipment is needed the victim may be remarkably cheerful and resilient. But, the results of ALS have a devastating effect on both the patient and family. It consumes their financial and emotional resources.

ALS is not contagious and can strike anyone. It killed baseball great Lou Gehrig and actor David Niven.

CAN YOU HELP?

Yes. Across Canada, ALS Societies and Chapters support victims, their families and friends. June has been designated as National ALS Month. This year, Saturday, June 13, has been designated as Flower Day and volunteers throughout Vancouver Island will seek your support in raising funds for ALS research.

VANCOUVER ISLAND

FLOWER DAY

SATURDAY, JUNE 13, 1992

Feature

WWI Ace McLeod Memorial Unveiled

Alan Arnett McLeod was born in the small town of Stonewall, Manitoba, on 20 April 1899. Educated locally, he demonstrated a profound interest in the military from a very early age. In June of 1913 he lied about his age and joined the Fort Garry Horse for their annual summer training. When his true age was discovered, young Alan was returned to school. Once the Great War began, he attempted to enlist several times but was repeatedly informed that he must meet the minimum age requirements. Undaunted, he continued to apply for pilot training with the Royal Flying Corps and finally, on 23 April 1917, just three days after his eighteenth birthday, he was accepted and enlisted in Toronto.

McLeod completed his basic flying training at Long Beach and Camp Borden, and received his RFC wings on 31 July 1917. Operational training in England followed and he was posted to 2 Squadron in France in late November. The squadron was equipped with Armstrong Whitworth FK8 aircraft. The "Ack-W," as it was affectionately known, was a relatively slow and cumbersome two-seater bomber/reconnaissance biplane.

The following citation details McLeod's engagement with eight Fokker triplanes. All enemy fighter aircraft were elements of the feared "Flying Circus" commanded by Manfred von Richthofen.

"Whilst flying with his observer (Lieutenant A.W. Hammond, M.C.) attacking hostile formations by bombs and machine-gun fire, he was assailed at a height of five thousand feet by eight enemy triplanes which dived at him from all directions

firing from their front guns. By skillful manoeuvring, he enabled his observer to fire bursts at each machine in turn, shooting three of them down out of control. By this time, Lieutenant McLeod had received five wounds and whilst continuing the engagement, a bullet penetrated his petrol tank and set the machine on fire. He then climbed out onto the left bottom plane, controlling his machine from the side of the fuselage and side-slipping steeply, kept the plane to one side thus enabling the observer to continue firing until the ground was reached. The observer had been wounded six times when the machine crashed in "No-Man's" Land and Second-Lieutenant McLeod, notwithstanding his own wounds, dragged him away from the burning wreckage at great personal risk from heavy machine-gun fire from the enemy lines. This very gallant pilot was again wounded by a bomb whilst

engaged in this act of rescue but he persevered until he had placed Lieutenant Hammond in comparative safety before falling himself from exhaustion and loss of blood."

Date of Act of Bravery 27 March, 1918. London Gazette 1 May, 1918.

Alan Arnett McLeod was Canada's youngest Victoria Cross winner of the First World War and the youngest VC of the air. Still recovering from his wounds, he received the award from the King during a special investiture at Buckingham Palace in September 1918. He returned to Canada later that month to recuperate. Tragically he contracted the influenza that swept across Canada during that time, and due to his weakened condition passed away on 6 November 1918. It was just five days before the Armistice was signed. He is buried in Winnipeg's Kildonan Cemetery.



The unveiling of McLeod VC memorial 6 May 1992 in the atrium of the Bishop Bldg by LGen D. Huddleston, Mrs. Frances Arnett Bowles (on the right) and Mrs. Kathleen Kennedy, cousins of Lt McLeod.

Lanc Crew Reunites



L-R: Donovan, Kennard, Cope

On Thursday, 4 June 1992, 888 Wing was the sight of a surprise reunion arranged by Cec Donovan. Howie Cope was delighted to renew his acquaintance with their former 'Skipper' Cedric Kennard. These three men had not been together for 47 years.

Kennard, originally from Argentina and now residing in Montreal, is visiting Donovan prior to their planned trip to Winnipeg for the reunion of the British Commonwealth Air Training Plan on 18 - 22 June.

The original crew consisted of a bombardier and navigator (both deceased); a radio operator and

flight engineer from England (with whom contact has been lost); Kennard, Donovan and Cope. This truly Commonwealth crew started flying a 'Whitley' together in Scotland in 1944; from there to a conversion unit in Yorkshire, England, flying 'Halifaxes' with 76 Squadron; converted to 'Lancasters' and flew Pathfinder Force in Squadron 635 from Norfolk,

England, until the end of the war in 1945.

Needless to say, the days following their reunion were filled with many memories, laughter and tears.

Cedric Kennard was the pilot, Cec Donovan was mid-upper gunner, and Howie Cope was tail-turret gunner.

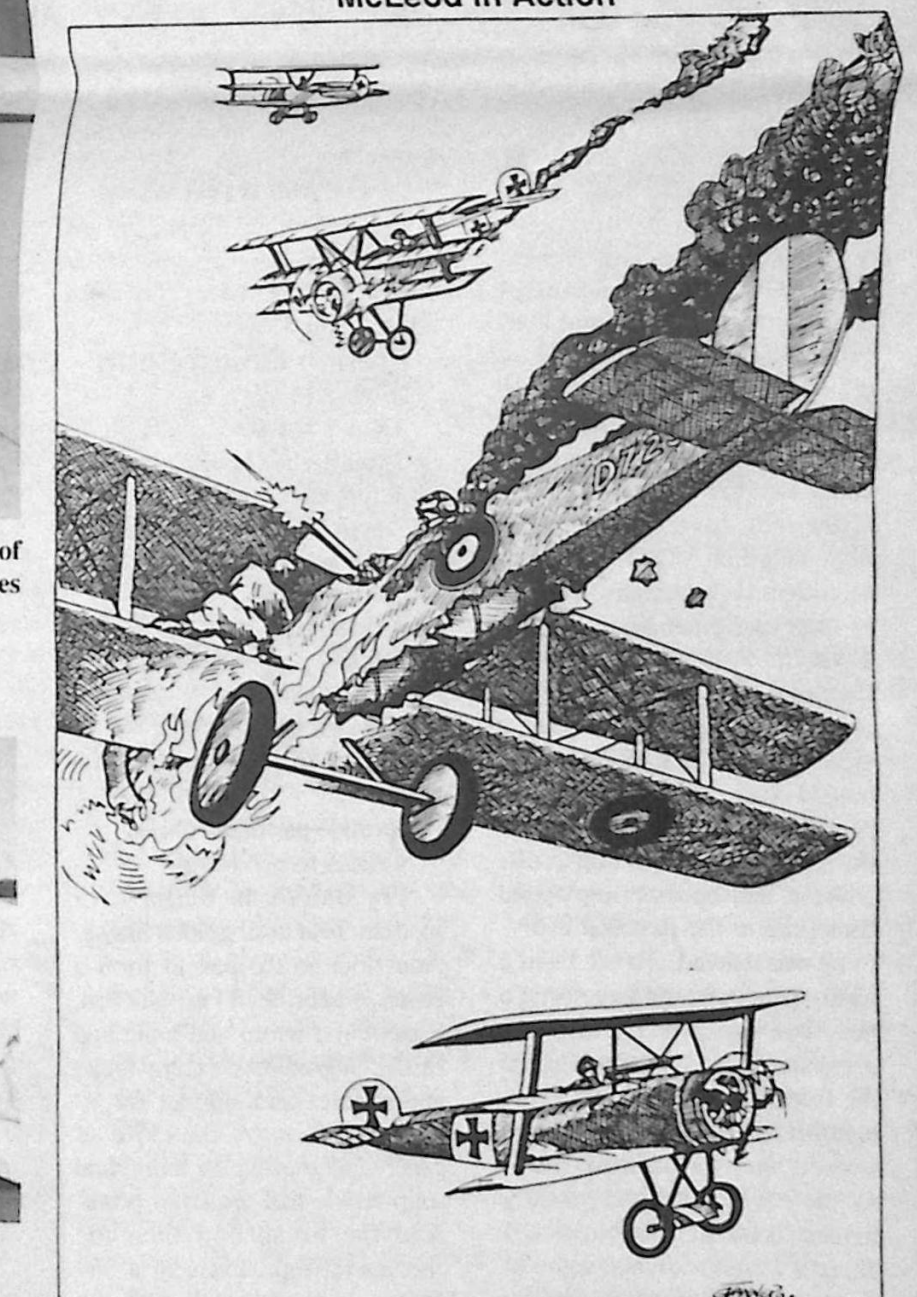
Enjoy your time together, men. We wish you well.

Ace



A.A. McLeod

McLeod in Action



The 1992 Armament Reunion will be held at Cold Lake, Alberta from the 2nd to the 5th of July. Cost excluding accommodation is \$40.00 per person. TAZ's who are interested in attending this Blow Out are to forward intention and fee to: Armament Reunion Box 1370, Medley, Alberta T1A 2M0

Leisure

Country Kitchen

And You Think You've had a Bad Week?

A while back I had just an unbelievable week. As people are still talking about it, and now I can laugh about it, I thought I'd share it with all of you. Especially those of you who think you've had a bad week! It began with a friend asking me to help her do a display in a brand new showcase. I agreed and we picked out lots of lovely things to display. She sent me on ahead as she was delayed by a business meeting. Having never worked with this particular type of shelving before, I procrastinated until she arrived, and just set the shelves in temporarily until I was sure of just what she wanted. She arrived and we excitedly set up what we thought was a wonderful display. We had just finished and were standing back admiring our handywork, when CRASH, down came the top shelf, breaking about \$200. worth in its descent. To say I felt bad would be an understatement. She was very gracious about it all, and we re-did it, this time setting the shelves in permanently. And off to work I go. It was a busy time of year and I had a lineup of customers when I lined up the first gentleman how much his purchase would be. "WHAT! Five @#\$%&* dollars for a @#\$%&* card?" was his reply, and he stormed out of the store, letting me know just what he thought of me and my prices in a very loud voice. To say I was nonplussed would have been another understatement, especially as the gentleman right behind him had the very same card. I dealt with the lineup and then proceeded to remove the cancelled purchase from the cash register's records. About three hours later, the boss's daughter came into the store and asked, "How long have you been running the till on VOID?" In order to correct this faux pas, I had to re-enter each purchase into the till TWICE! Rattled? Just a little! On the way home, I thought I'd cheer myself up by barbecuing a nice supper, so I stopped and bought coals. "Now, what shall I cook," I asked myself as I went to the freezer. I opened it up to discover it had become unplugged sometime in the past and everything was thawed. To say I was a happy person would have been a lie. "Not me," was the response to my question, "Who unplugged the freezer?" by each and every member of my family. (Good answer, they saved their lives.) As there was still some partially frozen food at the bottom, I thought I could salvage some of the food by cooking it all. So steaks, chickens, casseroles and roasts were all put in various places to cook. As I was searing a roast, the grease splashed up on me, and I burnt myself quite well. (I still have the scars.) "You guys better eat up each and every bit of this food," I told my family. So we ate our choice for supper and went to bed very late. I swim early in the mornings and when I returned the next morning, my

younger son had already gone to school and my elder son informed me he'd been up all night throwing up, etc. Food poisoning was the logical cause, so I threw out all the food I'd cooked the night before. Remembering my younger son at school, I phoned and left the message, "Don't eat your lunch!" and I went to the corner store to buy him a new lunch. While waiting, I decided a flavoured coffee for work would be nice, so I pocketed the creamer, delivered the new lunch and went to work. Once there, I was telling my co-workers about my own personal little black cloud, and I leaned against the counter, popping the creamer container and the cream ran down my leg into my shoe. The fact that I smelled like soured B-52's all day just seemed appropriate for the kind of week I was having. As there is nothing you can do about these kinds of things there is no sense whining about it; you have to laugh it off. Besides, the only kinds of whining I like is the kind without the "h." I guess my little black cloud is still partially with me because I was at a party recently and I zipped when I should have zagged, and I got hit with wine that a fellow was spilling across the room with great prowess. What a waste of the gift of the gods. I'd much rather use it in some of the following recipes.

COOKING WITH WINE
The following recipes are all so delicious, I don't know which one is my preference. Try them all, and you decide.

French Onion Soup
(Serves four)
1/4 cup butter
2 thinly sliced onions
1 T. flour
2 cups chicken or beef broth
1 cup white or red wine
1/4 tsp thyme
1 tsp sugar
salt and pepper to taste
1 clove garlic
1 tsp parsley
1 cup grated mozzarella cheese

sprinkle parmesan cheese
4 slices french bread
Fry onions in butter over medium heat until golden brown. Add flour to the pan to form a paste. Add broth (if I use chicken, I use white wine) and wine and rest of ingredients except bread and cheeses and simmer for 30 minutes. Remove the clove of garlic and transfer to individual soup bowls that are oven proof. Add the bread and then the cheeses on top. Place in a 350 degree oven and cook until the cheese melts and the broth bubbles around the sides. Enjoy.

The next recipe is for those of you who like to fondue but don't really like cooking in all that oil. The meat instead of being cubed, has to be sliced paper thin. If you have a meat slicer, you can do it yourself, or just tell your local butcher you'd like a beef Eye of the Round roast sliced for:

Chinese Fondue

Beef eye of the round roast, sliced paper thin. I buy a roast that is big enough for 6-8 ounces per guest. To serve I place the meat in single layers on a side plate with waxed paper between the layers. (Individual servings - one plate per guest!) For Broth:
1 pkg onion soup mix
2 cups water
1 cup dry red wine
6 whole peppercorns, crushed
4 sprigs parsley
1 whole bay leaf
1/2 tsp celery salt
1 can consommé soup
In a saucepan, combine onion soup mix, water, consommé and wine. Bring to a boil. Add remaining ingredients, bring to a boil and then reduce heat. Simmer 15 minutes and remove bay leaf. Transfer to fondue pot. You spear one corner of a slice of beef with your fondue fork and roll the meat up tightly. Place it in the boiling broth. If you like your meat pink, remove almost immediately. Dip in your favourite sauce. Wonderful.

Seafood Fettuccine
(Serves four)
1 lb scallops
1 lb shrimp
1/2 lb fresh mushrooms, sliced
1 cup dry white wine
1/2 tsp salt
4 crushed peppercorns
2 slices onion
1 bay leaf
1/4 tsp thyme
dash paprika
1/4 tsp garlic powder
1/4 tsp oregano
SAUCE
3 T. butter
8 T. flour
3/4 cup milk
2 egg yolks
1 cup whipping cream
pinch of cayenne
salt to taste
2 T. apricot brandy (or liqueur of your choice)
TOPPING
1 cup mozzarella cheese
1/2 cup parmesan cheese
1/2 cup buttered cracker crumbs

Rinse scallops and shrimp separately in cold water. Combine the scallops and the mushrooms in a saucepan with the next nine ingredients and enough water to cover. (Don't add the shrimp until the sauce stage as they shrink if you cook them too much.) Bring scallop mixture to a boil, cover and simmer for five minutes. Strain liquid and reserve. Cut scallops into bite sized pieces. Add shrimp.
In a saucepan on low heat, melt butter and stir in flour. Add hot scallop liquid and milk, stirring until thick. Mix egg yolks and cream together, add some of the hot liquid to the eggs, and return egg mixture to the saucepan. Cook over low heat for about 5 minutes and season with salt, cayenne and mushroom. Add the scallop, mushroom and shrimp mixture. Serve over hot fettuccine and sprinkle each serving with the two cheeses and top

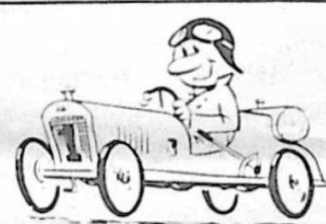
with cracker crumbs. This could be baked at 350 degrees F. until brown if you wish, or you can eliminate the fettuccine and put the mixture and topping into scallop shells and serve as an appetizer instead. If you do this, it will serve eight instead of four. It's really delicious, so give it a try. As it is a bit fiddly to make, I increase the proportions and freeze individual sized servings. A family favorite.

Burgundy Meatballs
1 lb ground beef
1 small minced onion
1/4 cup chopped water chestnuts
1/2 cup dry cracker crumbs
1/4 cup milk
1 tsp salt
1/2 tsp worcestershire sauce
1/4 tsp pepper
1 egg
Heat oven to 400 degrees F. Mix all the ingredients together and form into 1" meatballs. Bake on a cookie sheet for 10 minutes. Meanwhile prepare this sauce.
3 T. cornstarch
1/2 cup red wine
1/4 cup water

1 can beef broth
2 T. soya sauce
1/4 tsp garlic powder
Blend cornstarch and water in a large pot. Stir in other ingredients. Heat to boiling, stirring for one minute, add meatballs and cook over low heat an additional 20 minutes. Transfer to chafing dish.

Scallops in Wine
(Serves eight)
2 lbs scallops
2 T. minced fresh parsley
2 cups dry white wine
1/2 cup butter
4 shallots, chopped fine
24 mushrooms, chopped fine
2 T. flour
4 T. cream
bread crumbs
Wash scallops well. Simmer in wine on stove for 5 minutes. Drain and reserve liquid. Melt butter and saute shallots, mushrooms and parsley. Stir in flour. Add hot liquid and cream. Add scallops. Place in seafood shells and top with bread crumbs. Dot with butter and place under broiler until golden brown. Enjoy.

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Family Fun
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Go-Carts!
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(Formerly Pit-stop)
725-29th Street, Courtenay, BC
(604) 338-0212



CFB COMOX OFFICERS' MESS JUNE 92 CALENDAR

Wednesdays June 3, 10, 17, 24 -
OFFICERS' MESS COFFEE HOUR. Coffee will be served in the lounge at 1000 hrs. All Officers are invited to attend. Dress of the day.

Fridays June 5, 12, 19, 26 -
REGULAR TGIF. Food as indicated 1700-1800 hrs. Spouses and guests welcome after 1700 hrs. Please purchase meal ticket for non-Mess members.

Saturday June 13 -
BLIND WINE TASTING

Tuesday June 16
GOLF TOURNAMENT

Upcoming Events for July
18 Jul - Summer Kickoff with performer Laurie Van Cleave
21 Jul - Golf Tournament 1200 hrs
18 Aug - Golf Tournament 1300 hrs

**NEXT DEADLINE 22 JUNE
NOON**

THURSDAY 11 JUNE 1992

BARBARA VERMETTE

THURSDAY 11 JUNE 1992



By Rose McCliesh

Men's Open Tourney

Three Time Winner



Scott Fraser (L) and Mike Burrows, poster winner

Mike Burrows, golf pro at Storey Creek Golf Club, captured the Glacier Greens Men's Open, sponsored by McConochie's Furniture & Appliances and Simmons Beautyrest, for the third year in a row and once again will have his name engraved on the perpetual shield which is displayed in the Social Centre at Glacier Greens.

Mike played a fine round of golf and was also the winner of the purse in the pro division, which was sponsored by Dave Malton, Poster City.

The ten golf professionals who took part in this event were mainly from the Valley: Mike Burrows, Storey Creek; Jim Ferguson, Pacific Playgrounds; Scott Fraser, Glacier Greens; Don Kerr, Comox Golf Club; Craig Rencher, Arbutus Ridge; Peter Oliphant, Comox Golf Club; Martin Lepke, Sunnydale Golf Club; Rick Taylor, Morningstar Golf Club; Gord Melissa, Cowichan Golf Club; Butch Kelly, Storey Creek.

The balls that were won by the professionals in the "Drive the Green" contest were donated to the juniors. A ball won by David Peterson was also donated to the juniors.

Some wishful thinkers (and sayers) were hoping for a tailwind to come up to add yet more distance to their already long drives. The biggest hoot of the evening was when Gord Melissa of the Cowichan Golf and Country Club drove a ball 314 yards and 6 inches, and someone in the gallery commented that he should have taken the head cover off the club before hitting the ball, and sure enough, it worked. Gord outdrove his own long drive of the evening when he hit a 318 yard drive to win the competition.

Other big hitters of the evening were our own Scott Fraser, 312 yards; Peter Oliphant, 297 yards; and Masanori Yoshitake, 296 yards.

It was non-stop action, entertainment and fun at the weekend when Glacier Greens held their annual Men's Open Golf Tournament. It all started on Friday evening with a Horse Race Competition, organized by Scott Fraser, G.G. Pro, and carried forth by Club Captain Mr. Bing Shearer, assisted by Mr. Rick Verbeek and Mr. Roy Downey. Eleven 4-man teams were entered. Five holes were scheduled to be played, starting on hole number one. After each hole, the two teams with the highest scores were eliminated. In the event of a tie for high score, a chipping competition was held before proceeding to the next tee. As the teams decreased, the tension increased.

One part of the format let each team choose a man to play a particular shot, thus putting a lot of pressure on the man that was chosen for the job at hand. These men were chosen for their fine shot-making and superb concentration, which would hold up amid much hooting from the opposing teams.

The festivities lasted until late into the evening and a good time was had by all. The 1st place team consisted of Danny Fremont, Doug Pepper, Karl Cameron and Brian Boates. Second place team winners were Randy Koppa, Bud Englund, Marty Peterson and Jack Vanetta. Third place team winners were Ed Podetz, Lee Johnson, Larry Johanson and Darryl Pippen.

The Long Drive Competition that was held on Saturday evening was also a huge success. After playing eighteen holes of golf, these participants were into the swing of things and were very much relaxed. Where you would normally have quiet on the tee, this group was extremely lively. The public address system announcing the "up next" and "distance driven" (with a number of humorous asides thrown in for laughs) added to the excitement of the event, which was held on hole number nine.

As stated earlier, the action at Glacier Greens was non-stop as still more excitement was created when Greg Hart of GGGC aced hole number four. This feat earned Greg a beautiful recliner, which was donated by McConochie's Furniture & Appliances, and a floater jacket, donated by Roy Parker Marine. Congratulations are also in order to Arnie Mathus who scored a Hole-in-One on the very same hole on 23 May, 1992.

After scoring was completed on Sunday evening, Tournament Director, Mr. Don Middleton, introduced the president of G.G., CWO Bill Krier. Bill began by thanking everyone for coming out and participating. Sincere thanks were given to Walt Walowina of McConochie's Furniture & Appliances and Simmons Beautyrest for their continued support of this tournament. Bill then thanked Marg Holley and Glacier Greens Bar & Grill staff, the ladies for scoring and spotting balls, Course Superintendent Mr. Steve Bailey and staff, as well as the many volunteers who worked to have the course in top condition. Further, Bill thanked the Club Captain, Mr. Bing Shearer, and his volunteers for marking the course and

Hole in One



Greg Hart

the painting of buildings. Larry Berry and Roy Downey were thanked for taking care of prizes and Roy Downey for being course marshal. A thank you was also extended to Tournament Director Mr. Don Middleton, assisted by Mr. Chuck Perry and Mr. Bill Brundige, for a job well done. Last, but definitely not least, thanks to "our very own built-in" weather man, Arnie Mathus, for the superb weather at the weekend. At this time the president turned the microphone over to "the best darn pro in B.C.," Mr. Scott Fraser of Glacier Greens. Scott in turn thanked his colleagues for entering this "first

Longest Drive

Medal play was the order of the day and if the loud "hurras" were any criterion, there must have been some exciting shots well executed or maybe just lucky flukes. The turnout was appreciative and the following were the results, with all Ties being honoured. Winners received balls.
Eaglecrest - First Low Gross - Eve Johnson, tied with Marg Denton with a 96. Second LG - Alice Reist, 97.
First Low Net - Emma Pesek, 68. Second LN - Jo Martin, tied with Mildred Earthy, 74.
Least Putts - Joyce Foster, 32. (Eve Johnson and Emma Pesek have less putts but had already won a ball.)

TOTEM TIMES 15

Recreation



Horse Race Winners

ever" pro division of the Men's Open. Scott also wished to thank the many sponsors for their support, especially Dave Malton of Poster City, Courtenay, for the donation of the framed print, which was won by Mike Burrows who took the first place in the professional division. Please watch for a more detailed list of sponsors in the next issue.

The list of winners for the two-day event is as follows:
Field Low Gross - Greg Koster
Field Low Net - Rick Salmon

A Flight
1st LG - Bob Carter
1st LN - Wally Berger
2nd LG - Peter Benedictson
2nd LN - Gerry Koster
3rd LG - Mitch Carr Hilton
3rd LN - Stuart Winchester
4th LG - Pierre Wood
4th LN - Arnie Mathus
B Flight
1st LG - Howie Marshall
1st LN - Ian Imlach
2nd LG - Greg Hart
2nd LN - Garth McLeod

Interclub Meet & Greet

by Vi Wilander, GGGC

The ladies of Glacier Greens hosted Powell River and tied with Lena Grant, 94. Second LG - Marguerite Rowe, 100.

First Low Net - Lou Bekkema, 72. Second LN - June Vogl, 73. Least Putts - Pat Buhler, 30. **Glacier Greens** - First Low Gross - Pat Verchere, 85. Second LG - Sharon Miles, 87. Third LG - Lorraine Courtemanche, tied with Frankie McCaffrey, 88.

First Low Net - Vi Wilander, 63. Second LN - Gill Iddiols, 65. Third LN - Anna Sutton, tied with Martha Campbell and Kay Banks, 67. Least Putts - Rose McCliesh, 28. After 18 holes and usual refresher, all were eager to enjoy the delicious cold plate and trimmings provided by our ever-obliging Bar ladies. Many thanks to Gussie Prichard for supplying fresh flowers to enhance the tables.

We look forward to our Interclub game with Storey Creek ladies on Wednesday, June 19. Cheers and Good Golfing!

Health & Fitness

To Your Health

Health information from the Registered Nurses Association of British Columbia

Shop Smartly for Sunglasses

Most people protect their skin from too much sunlight. They use sunscreens to block or filter out much of the sun's harmful ultraviolet (UV) radiation. Unfortunately, fewer people take care to protect their eyes from sunlight. They should.

Your eyes, like your skin, can be damaged by too much exposure to ultraviolet radiation. And bad sunglasses - which may be dark enough to reduce glare but provide no protection against UV - can actually increase your risk. That's because dark lenses force your eyes to open more than usual, exposing your retina to more UV radiation.

Nurses, therefore, advise you to protect your eyes both from ultraviolet radiation and from too much light. Good UV and light protection are available at all prices and in all styles. Do not assume that higher-priced sunglasses automatically offer protection. Check the label. Reputable dealers will include information about UV and light protection.

If there is no label, or if the label makes no mention of UV, buy another pair. You are safer with sunglasses that carry a label indicating the amount of protection that is offered.

Since UV radiation reaches the earth in two wavelengths, UVA and UVB, sunglass labels usually indicate the amount of UVA and UVB absorption as separate percentages. Since UVA is considerably less powerful than UVB, sunglass labels usually indicate greater absorption of UVB than on UVA.

To provide adequate protection it is recommended that sunglasses absorb at least 95 per cent of UVB rays and 60 per cent of UVA rays. UV protection can be built into the lens or applied as a coating on the outside of the lens. To be effective in bright sunlight and glare conditions, lenses should absorb at least 60 per cent of visible light. In addition to these standards, all lenses are required to meet standards for impact resistance.

Neutral-coloured gray, green or brown lenses are best for most activities. They are most compatible with human vision and do not interfere with the eyes' focusing system, thus offering top acuity. Yellow or amber lenses increase your sense of contrast and sharpen details in situations with haze, fog or flat light.

You can check the optical quality of the glass by checking to see that the surfaces of the lenses are uniformly smooth and finely polished without waves or blemishes.

Size and shape affect the amount of sidelight. Larger lenses with large wrap-around frames that keep the lenses close to the eyes offer the most protection from sidelight.

Photochromic lenses respond to different light conditions by lightening and darkening as conditions change. This can be a disadvantage in suddenly changing light conditions because the response rate can take from 30 seconds to 5 minutes.

Polarizing lenses are especially designed to cut water and road glare and are often chosen for water sports and difficult driving conditions.

Finally, when you are considering frames, pay more attention to fit, durability and comfort than to styling. It's fun to be fashionable but your eyes deserve the best care you can give them. Don't sacrifice that for today's latest fashion fad.

Open Boat & Wharf Day

Place: Comox Government Wharf
Date: Sunday, June 14
Time: 1:00 - 4:00 p.m.

Everyone is welcome!
Come and meet the fishing community

Free coffee, lemonade
& life jackets

Free draw - commercial
fishing gear

- Seafood Enhancement Association -
- Canada 125 -

info health

Dr. Bob Young



Ropes, Worms & Spiderwebs

Ropes, worms, and spiderwebs are words used by patients when describing their varicose veins. Pride in their appearance, or pain in their legs brings these people to the doctor.

Varicose veins are visibly distended blood vessels, usually in the legs. They often follow a tortuous course as they meander beneath the skin. The leg looks lumpy and unattractive, a disfiguring that worries men and women alike - although women are likely to complain sooner.

Thinner varicose veins resemble worms, rather than ropes under the skin.

The tendency to varicose veins is inherited but their appearance may be influenced by such things as prolonged standing or pregnancy. The inherited fault is in the series of valves that normally separate the long column of blood

that runs from the groin to the ankle into short segments or compartments.

If the valves are absent or leak, the weight of the blood stretches the vein walls, forming the ugly varices. (There are other things that contribute to the problem.)

Aside from the cosmetic aspects, varicose veins may cause heaviness of the legs and sometimes genuine pain. In time the sluggish circulation leads to tissue breakdown and ulcers in the ankle area, a real problem for many elderly patients. Sometimes even extremely tortuous and dilated veins cause their owners no problems at all.

There are three main forms of treatment. Support stockings provide comfort and may delay complications. The lighter grades, which apply gentle pressure, are now quite elegant in ap-

pearance. Heavier ones are often required; they are more cumbersome.

Surgery remains the definitive treatment for most varicose veins. Even when carefully done, recurrence is a problem due, probably, to the underlying genetic factor. Most surgeons try to retain one of the branch veins, especially in males, in case it is needed later in life for a coronary bypass after a heart attack.

Veins can be eradicated by injecting sclerosing (scar-forming) material into them. The procedure is safe but tedious for patient and doctor alike. Numerous injections are required and the veins must be kept compressed for about three weeks, using crepe bandages or stockings, to allow time for the scars to form and block them.

My Doctor Drives a Jag

I'm not much of a car buff. I would like to be, but serious monkey-wrenching becomes frustrating when you have to keep your hands clean for operating room or baby delivery chores. And something is lost when you examine a patient's belly with grease under your fingernails.

I did succumb once. Old, ailing George came in for his car drivers' physical exam. He failed on several counts.

Tactfully, but with heart pounding, I said, "Sorry, George, but there is no way you can keep driving with the way your eyes are and with your heart kicking up like that. Do you want to sell your car?"

He had bought, new, a 1956 Meteor. Except for one trip to Oregon many years before, it had never been off Vancouver Island. Aside from thinning paint, the result of 28 years worth of weekly washings, it seemed in good shape. We made a deal and it was

mine.

The bits of rust made the new paint job more expensive than expected. The exhaust system replacement I called routine maintenance (but there was one on each side). The parts to fix the carburetor were hard to find and expensive - and on it went.

Unlike George, I had no garage for it. Things like the fabric around the window glass, and the carpet, started turning green.

But I drove it occasionally, mainly to keep the six-volt battery charged. The only things stiffer than its steering mechanism were my shoulders on the mornings after these drives. It drove like a tank and used about as much gas.

It was a comment made on a house-call that brought a halt to my antique car hobby. The patient's daughter said, "I think maybe we should find a new doctor for mom - perhaps (looking at

the old car) someone more successful. My doctor drives a Jag."

I still don't know if she was kidding.

Time to sell. Not much response to the sign in the window, except from destitute seventeen-year-olds. And the car did look a little tacky among the gleaming specimens at the annual "Ford picnic." No sale there either. Eventually someone came along and offered it a good home. But not much money.

There was a sense of relief when he drove it away. My son chose that moment to tell me that old George was going to sell the car for \$75 to the kid who cut his lawn before my offer came along - and I paid a lot more than that.

It was sort of fun, in retrospect. I think I learned a lesson, but elderly Betty Johnson was in today for her driver's exam. She has failing eyes, a wonky heart, and a nice 1980 Cadillac.

NOTICE OF VEHICLE PARKING SELLING OF VEHICLES POST OFFICE / AIR FORCE MUSEUM PARKING LOTS

All personnel are advised that the Post Office and Air Force Museum parking lots are **not** to be used for selling vehicles. These parking lots are to be used by Section Employees and by Visitors to the Air Force Museum and personnel checking their mail. Violators will be towed at owners' expense.

WANTED:

Your personal Births, birthdays, engagements, anniversaries, weddings and death announcements, including photographs.

These will be published free of charge to all DND personnel and civilian employees, retired DND personnel and RCMP.



LEGION LOG

BRANCH 17 COURTENAY
334-4322

ENTERTAINMENT

Fri 12 June.....Dance to Nashville
Fri 19 June.....Dance to Nashville
Fri 26 June.....Dance to El Dorado

REGULAR ACTIVITIES

BINGOS.....Thur., Fri., Sun. at 7:00 PM
MONDAY.....FUN EUCHRE
TUESDAY.....PUB DARTS
WEDNESDAY.....LEAGUE CRIB
THURSDAY.....FUN DARTS
FRIDAY.....TGIF & MONEY DRAW AT 6:30 PM
SATURDAY.....FUN BRIDGE AT 12:30 PM

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information
NOW OPEN SUNDAYS.....12 - 7 PM

Dress Code in effect 8 PM Fri & Sat
(No T-SHIRTS)

EVENTS

Sunday 21 June.....Father's Day Steak BBQ
1:00 p.m. - 5:00 p.m.
Tickets \$5.00 at the bar

SPORTS

Friday, Saturday, Sunday.....Fishing Derby
June 19, 20 21 \$500.00 First Prize
Entry Fee \$10.00
Includes Steak BBQ on Sunday

BRANCH 160 COMOX
339- 2022

ENTERTAINMENT

Fri 12 June.....Music by Cross-Country
Fri 19 June.....Music by Rawhide & Lace

REGULAR ACTIVITIES

SUNDAYS.....Lounge 11 AM to 6 PM
MONDAYS.....Men's Dart League - Recessed to Sept. 14
L.A. Drop-In Bingo. Upper Hall. Doors open 6:30. 7:00 PM
TUESDAYS.....Ladies Crib League - Begins Sep. 17 8:00 PM
Mixed Dart League - Recessed to Sept. 15
WEDNESDAYS.....Navy League Drop-In Bingo
Upper Hall. 7:00 PM
C.V. Men's Crib (Home & Away) 8:00 PM in Lounge.
THURSDAYS.....*1st Branch Exec. Mtg. 8 PM Upper Hall
L.A. Exec. Mtg. (as required)
*2nd L.A. Gen. Mtg. Upper Hall. 8 PM
*3rd Branch General Mtg. Upper Hall. 8 PM
FRIDAYS.....Dance. Lounge. (Unless advised)

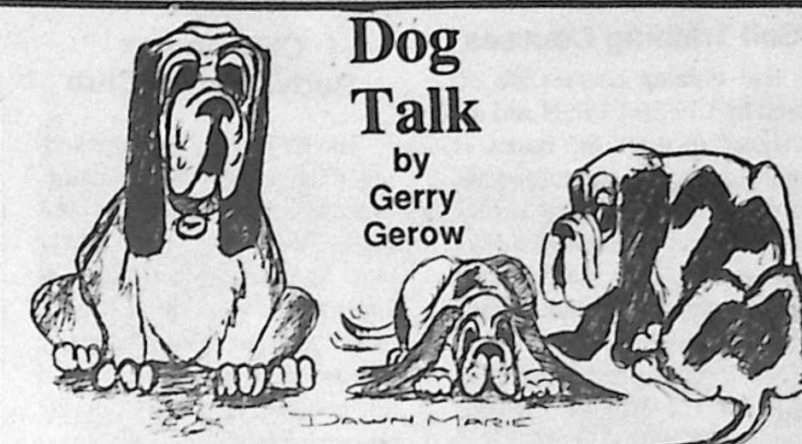
EVENTS

Saturday 13 June.....Fishing Derby - details at the Branch
Sunday 14 June, afternoon.....Music by Eldorado

SPORTS

CRIB first Sunday of the month.....1:00 PM Upper Hall.
Registration \$5.
EUCHRE fourth Sunday of the month.....1:00 PM Lounge.
Registration \$5.

On & Off the Base



Dog Talk
by
Gerry Gerow

The Rotweiler Breed

Another breed book just came my way. *The Rottweiler Today*, by Judy and Larry Elsdon, published by Howell Book House, Maxwell Macmillan, New York, and Maxwell Macmillan, Don Mills, Ont. \$32.50

This is a good book which should be read by anyone having a Rottweiler or thinking of getting one. The authors are English, and due to the problems the Rottweilers are having with breed specific bylaws in Great Britain, they dwell very heavily on temperament, pointing out that the Rottweiler in the right hands and chosen carefully can be a loving family pet, and in the wrong hands without careful attention to breeding can be a dangerous animal.

The Elsdons have thirty years experience with the Rottweiler breed. To quote off the book jacket: "They give a complete guide to character and behaviour traits, and illustrate the right way to rear, train, and show the Rottweiler, so that those who admire the breed can ensure that it occupies the place of honour in the community that it so richly deserves."

This is a 192-page hard cover edition, well worth the price. It is just published so if you can't find it on the shelves, ask them to order it for you.

A recent attack by a Pit Bull in Victoria, on a loving little poodle, has already led to the demand for breed specific bylaws in the area. As well as being of doubtful validity if it comes to a court case, breed specific bylaws blame the animal and not the irresponsible owners.

Anyone who keeps this type of animal should be made fully responsible for their actions. In this case, the owner was given the maximum fine available. I was recently fined heavier for going 20 km over the speed limit on a deserted four-lane highway at 6 a.m. than he was for this vicious unprovoked attack by his dog.

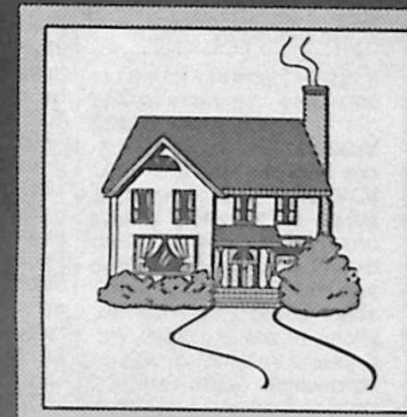
A few months ago, my new puppy was attacked in my own neighbourhood, by a German shepherd dog, while out for a walk with my wife. The puppy was on a leash. The German shepherd wasn't. The owner of the shepherd said "He's never done that before." Well, maybe not, but the law says, and com-

mon sense says, that the dog was supposed to be on a leash. It's about time that people not obeying the law were held accountable for their actions.

I recently received my property tax bill, and noted that the levy for animal control is more than 10 per cent of the amount allocated for the hospital. I don't quarrel that they need the money, but I do quarrel with why they need the money. I see many dogs every day which are permitted to run loose by their owners. It's about time that those people who permit their dogs to run loose, are made to pay the cost of the animal control and not those who do not permit their animals to run loose. I believe that if I don't agree with a law, then I should work to have it changed. No one has the right to simply ignore a bylaw because they don't happen to agree with it.

Of local interest is the fact that 13-year old Candice Jensen, a Junior Handler, won a Group First in Terrier Group in Victoria recently. Quite an accomplishment for Candice, and many congratulations go out to her. Now, if she could only do it in the sporting group....(Candice shows my dog for me in the conformation shows.)

Don't wait until your insurance expires



Home, Condominium, Apartment, DND Controlled Quarters
& Valuables (such as jewellery, furs, cameras, etc.)
through the convenience of pay allotment!

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- Absolutely NO interest or service charges
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INSURANCE COMPANY OF CANADA



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POLICE ROADCHECKS..

NEXT DEADLINE 22 JUNE 92

Public Announcements

L'Association Francophone de la Vallée de Comox

AFVC - L'Association Francophone de la Vallée de Comox est une association à but non lucratif ouverte à tout(e) francophone ou francophile de la région. Le Conseil d'administration se réunit régulièrement au cours de l'année afin de réaliser divers projets sociaux, culturels et récréatifs. Nouveaux membres sont les bienvenus. Pour partager vos idées ou pour vous renseigner, téléphonez à Diane au 339-3990 ou venez nous rencontrer à notre bureau du Centre communautaire au coin de Lazo et Ryan rd. (à côté du Canex) entre 13h et 16h le mardi, mercredi et jeudi. Au plaisir de vous connaître!

L'Association Francophone de la Vallée de Comox est une association à but non-lucratif ouverte à tout(e) francophone ou francophile de la région. Le Conseil d'administration se réunit régulièrement au cours de l'année afin de réaliser divers projets sociaux, culturels et récréatifs. Nouveaux membres sont les bienvenus. Pour partager vos idées ou pour vous renseigner, téléphonez à Diane au 339-3990 ou venez nous rencontrer à notre bureau du Centre communautaire au coin de Lazo et Ryan Roads (beside Canex). Hours: Tuesday, Wednesday and Thursday from 1 p.m. to 4 p.m. We're looking forward to your visit!

CFB Comox Invitational Ball Hockey Tournament

The CFB Comox Lady Totems Fastball Club will be hosting an invitational Ball Hockey Tournament 19 - 21 Jul 92. All teams are welcome.

Cost is \$200.00 per team with 12-team maximum entry. Entry fee includes four game guarantee. Money prizes to top three teams. Intent to enter and \$50.00 deposit required by 10 Jul 92. Deposit can be made out to Lady Totems Fastball Club. OPI for tournament is Cpl Gregg Carr loc 8315.

LOST SPORTS EQUIPMENT

Personnel not returning NPF Sports Equipment without a legitimate reason will be liable for re-imbursement. A pre-determined value will be set based on the age and condition of the item. An administrative deduction will be ordered against individuals who fail to comply.

Personal Exercise Program

There is a PERI supervised PEP Program at the Rec Centre Mon to Fri from 0730-0830. All members who have failed their CF EXPRES Test and are on Remedial PT are encouraged to attend. Members will have half the gym to work out in. Also those who wish to improve their physical fitness are welcome to attend. For more info contact the Rec Centre, loc 8315.

Sail Training Courses

Sail training courses are offered by CFFSE/CFFSH and are designed to teach the basics of sailing through to coastal and offshore skipper qualifications. These courses are modeled after and meet the CYA standard and will be entered on the individual's UER on completion. For further info on levels, contact Rec Centre 8315 or C2 Hanna, CFFSE Esquimalt Boatshed, loc 4313.

Dependant Use of Base Gym Facilities

Effective immediately, all dependants using the Base Gym facilities must produce their Dependants Pass in order to enter the gym. Dependants under the age of 12 must remain in the company of their guardian.

C.V. Newcomers' Club

The Comox Valley Newcomers' Club welcomes all ladies, new to the area, to the next meeting which will be a Pot-Luck Supper, on Monday June 8, 6:30 p.m., at Dusty's Den in Comox. For info call Chris at 338-6550.

CFB Comox Bodybuilding Club

The CFB Comox Bodybuilding Club is now in operation. Members desiring to join must register through Pte Schmidt 442 Sqn. Membership fees are \$10 and membership cards can be picked up from Pte Schmidt once fees are paid. The Club offers a few bonuses, ie, workout during non-operational hours, discounts on workout gear, tips on training programs, etc., so you are encouraged to join. For more info please contact Cpl Savard, loc 8315.

Recreation Ball Hockey

Military members interested in playing Rec Ball Hockey, floor time is available Wednesdays, between 1600-1730 hrs at the Rec Centre.

Personal equipment is advised due to limited equipment available. Eye protection is mandatory and wooden sticks are permitted. For more information, contact the Rec Centre, loc 8315.

C.V. Amateur Radio Club

The Comox Valley Amateur Radio Club holds monthly meetings the fourth Thursday of every month at the AFIS Theatre, next to the CFB Comox Air Force Museum. All amateurs and prospective amateurs are welcome. For more info contact Dave Grimshire, Local 8523 or the club repeater VE7 RCV, 147.91/31

Squash

Squash court bookings at Courtenay Rec Association are no cost and can be booked in person or by phone, 338-5371. Interested personnel are required to register through the BPERO Section. For more information please contact the Base Gym, loc 8315.

Aerobics

Co-Ed Aerobics are available at the Base Gym aerobic room Mon thru Fri 1130-1215 hrs. For further info contact Karen loc 8442 or Brenda loc 8295.

TOPS Meeting

TOPS #BC3454, Lazo, meets every Wed. night at the Base Rec Centre at 6:30 p.m. For more information call Elaine 339-3213

Arena Parking

Arena staff and facility users are reminded to respect Chapel parking areas Sundays from 1000 hrs to 1200 hrs. Please refrain from using reserved parking spots during this time. Offenders will be ticketed.

Base Soccer Team Practice

Base Soccer Team practices have commenced at the Base Soccer Field. Practices are scheduled for Mon and Wed at 1830 hours. All team positions are open and anyone wishing to play is welcome to attend. For further info contact Cpl K. Roy loc 8505 or Cpl D. Devries loc 8285.

IT'S A MATTER OF LIFE AND BREATH DON'T SMOKE

British Columbia Lung Association

BLANKET CLASSIFIEDS

These ads appear in more than 100 community newspapers in B.C. and Yukon and reach more than 3 million readers. TO PLACE AN AD CALL THIS PAPER OR BCYCNA AT (604) 669-9222.

\$195 for 25 words
\$3.70 each additional word

BCYCNA

BRITISH COLUMBIA AND YUKON COMMUNITY NEWSPAPERS ASSOCIATION

AUTOMOTIVE

Engines rebuilt for cars & trucks. 5 Cyl. from \$995, 6 Cyl. from \$1095. 5 Year or 100,000 Km limited warranty. Bond Mechanical 872-0641 8-7 p.m. 7 days. Toll-free Mon-Fri 1-800-663-2521.

CANADA ENGINES LTD. Quality rebuilt engines: cars - light trucks. 6 cylinder from \$995, 8 cylinder from \$1,095. 5 year, 100,000 km ltd. warranty. 7 days. (604)580-1050, 1-800-665-3570.

If you've found this ad please take note that we're selling "24" brand new 1992 Volkswagens Passats (wagons and sedans) and 1992 V.W. Euro-Van, 7 passenger buses at "absolute dealer cost" from now until June 15th or until supply runs out. Bank terms or lease plans available - phone 1-985-0694 for choice of colour options etc. Capilano Volkswagen, B.C.'s Volkswagen Superstore.

Government seized/surplus vehicles. U.S./Canadian low as \$100. BMW's, Cadillacs, Chevs, Fords, Mercedes, Porsches, trucks, vans. Amazing 24-hr recorded message reveals details (416)482-3000. Copyright 1011.

BUILDING SUPPLIES

DOORS! WINDOWS! Interior and exterior wood, metal and French doors, wood windows, skylights. MORE! Call collect to WALKER DOOR and WINDOW in Vancouver at (604)266-1101.

BUSINESS OPPORTUNITIES

You too can start your own vinyl sundeck business. Full or part time, you decide. \$3500 gets you all you need to enter this highly lucrative industry, plus you get the support of Canada's largest group of licensed dealers. 1(604)860-1200.

FOR SALE: Newly built auction barn 2400 sq. ft. on 2 acres Hwy 97 zoned commercial property in Quesnel. Radium gas heat, sodium lighting, sewer. Full-price \$180,000. 747-3125 or 747-1138.

BUSINESS OPPORTUNITIES

B.C. HOME-BASED GIFT PRODUCERS are invited to participate in one of the largest wholesale gift shows in British Columbia! Under the Home-Based Business Program, the Ministry of Economic Development, Small Business and Trade has reserved space at Southex Exhibition's Vancouver Fall Gift Gallery Show for the seventh B.C. Creative Arts Show, to be held at B.C. Place Stadium on August 23-25, 1992. Over 100 of B.C.'s home-based businesses will be chosen to exhibit at the B.C. Creative Arts Show. Gift products including jewellery, pottery, glass, weaving, sculptures and other gift items will be sold wholesale to buyers from across Canada and the Pacific Northwest. People interested in exhibiting must submit samples of their work to a selection committee by June 22, 1992. There is a non-refundable jurying fee of \$25 and an additional \$75-\$100 for successful applicants to secure trade show space. For more information or application contact Barb Mowat at 520-5720, or toll-free voice message centre 1-978-6155 or fax 854-3087.

Small engine sales and service business including building. Prime Vancouver Island location. Serious enquiries telephone 923-6734.

BUSINESS PERSONALS
ADD A LITTLE SPICE! B.C. College Roommates - Cindy, Wendy and Lisa - have exciting Personal Photos of themselves for sale. For discreet info write to: Spice, Box 670, GB, Kelowna, B.C. V1Y 7P4. Adults only please.

CAREER OPPORTUNITIES

UNEMPLOYED? Tired of demand jobs? To find the career that matches your skills, goals and interests, write: C & M Mann Ent., Box 3010 Ft. Nelson, B.C. V0C 1R0. Fax (604)774-4461.

SERVICES

Major ICBC and injury claims. Joel A. Wener trial lawyer for 24 years. Call collect: (604)736-5500. Contingency fees available. Injured in B.C. only.

EDUCATION

OUT OF WORK? Trained Apartment/Condominium Managers needed. Government licensed, correspondence certification course has assisted thousands to find employment. Free brochure: (604)681-5456 or 1-800-665-8339.

THE PACIFIC RIM PROGRAM at Langara Campus. Two year Diploma (University Transfer). Intensive, interactive study of Chinese, Japanese and Thai culture. Development and current state of Asia-Pacific nations. Seminars, field trips for off-campus linkages. Opportunities and support for study in Asia. Space is limited so apply now. Application deadline: June 30, 1992. Phone Student Services at 524-5505 for information and applications. Langara Campus, Vancouver Community College, 100 West 49th Ave., Vancouver, B.C. V5Y 2Z6.

EQUIPMENT

OVERSTOCK-HAVING A SALE! New Lister 12 K.W. \$7,500. Reconditioned Ford 25 K.W. \$7,980. Reconditioned Kubota 9 K.W. \$5,689. Call for other new & reconditioned models 4.5 to 80 K.W. Industrial Engines Limited, 8975 Oak Street, Vancouver, B.C. 266-4126. Fax 266-4129.

FINANCE

Government Grants & Loans. Billions of dollars are made available to new and existing B.C. businesses. The Brad Book can show you how to get your share. Call now (604)753-9424.

FOR SALE MISC.

FREE! Games & educational IBM software. FREE! Catalog; 1200+ educational & entertainment titles. Send \$5 shipping & handling. SoftComp, #201-1290 Broad St., Victoria, B.C. V8W 2A5. Computer Problems? 1-800-667-0212, Visa/MasterCard. First 5 minutes consulting FREE!

FOR SALE MISC.

"O CANADA! I see mountains and valleys and rivers and trees. It's truly mother nature's warehouse." Red Skelton's "Tribute to Canada" audio cassette available at Karyns, Box 92029, 2900 Warden Ave., Scarborough, ON. M1W 3Y8. \$5.75 includes taxes and shipping.

HELP WANTED

Hands-on production. Manager to join our creative team and assist in production of award winning, twice weekly, newspaper on the Sunshine Coast. Macintosh/Quark/illustrator experience essential. We'll reward your sense of humour, dedication, ability to thrive on pressure and desire to excel with camaraderie, clean country living, unique working conditions and even a little cash. Send your resume to Pat Tripp, Manager Coast News, Box 460, Gibsons, B.C. V0N 1V0 or fax to 886-7725.

OVERSEAS POSITIONS. Hundreds of top paying positions. All occupations. Free details. Overseas employment Services, Dept. CA, P.O. Box 460, Town of Mount Royal, Quebec H3P 3C7.

We need you to sell toys & gifts for C & M Gifts. NO INVESTMENT. NO DELIVERIES, no collection. Call 1(519)258-7905 or Fax 1(519)258-0707 for free info.

MOBILE HOMES

BUY FACTORY DIRECT. Save thousands on dealer mark-up. We will custom build mobile homes to suit your needs. Doubles, singles, modulars. Phone for details. Noble Homes, Edmonton: (403)447-3414, (403)447-2333.

PERSONAL

The government owes you money if no tax returns filed in any of last seven years and if on welfare or low income senior or working person. Contact L. Houtman, Room 204-122 East 14th Street, North Vancouver, B.C., V7L 2N3.

NOTICES

Mormons, Friends & Families. Find out facts the church doesn't want you to know. Confidential. LDS Facts, Box 73, Balfour, B.C. V0G 1C0.

REAL ESTATE

PROPERTIES TO BE SOLD for unpaid taxes. Crown Land availability. For information on both write: Properties, Dept. CN, Box 5380, Stn. F, Ottawa, K2C 3J1.

Thompson River Estates. Valley View lots. 3/4 & 1 acre lots, 5 & 10 acre lots. 1 only 5 acre lot on the Thompson River 30 min. west of Kamloops on the TCH#1. Call collect 1(604)373-2282.

3600 Sq. Ft. executive home on 33 acres in beautiful Columbia Valley. Minutes to golfing, Cultus Lake, Chilliwack, 90 minutes to Vancouver. Mobile Home, new barn, shop. Reduced to \$450,000. Phone 858-0226.

REAL ESTATE

Winter home in Thousand Palms California. Golf Community. Fully furnished, 3 bedroom, 2 bathrooms, W/W, air conditioning, private patio, golf cart, garage, \$69,500 (604)736-0938.

Condominiums on the beach at Shuswap Lake. Rents for \$75.00 per night. Major facilities completed. Be an owner for \$4200 down. I'm flexible. Phone (604)837-2348.

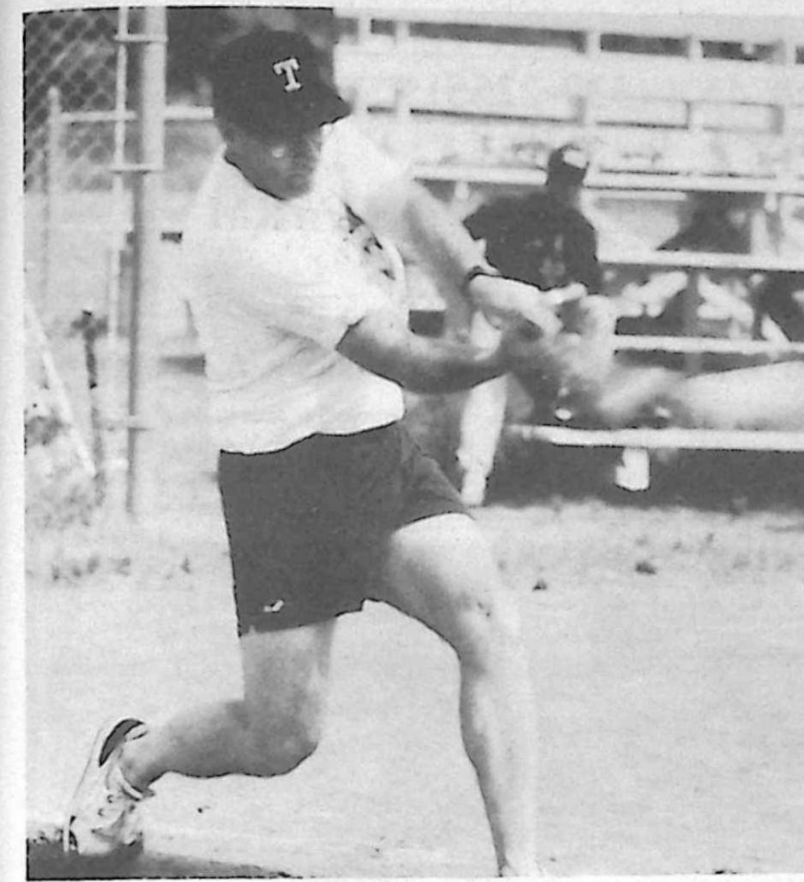
Modern 1 or 2 bedroom condo apartments (600-1200 sq. ft.). Stove, fridge, balconies, laundry, etc. Logan Lake, a retirement community. \$33,000-68,000. 523-6924.

TRAVEL

For weekly rent. Privately owned waterfront properties on B.C.'s Gulf Islands, Shuswap, Okanagan and other lakes. To rent or list property call Private Getaways 1-675-4600.

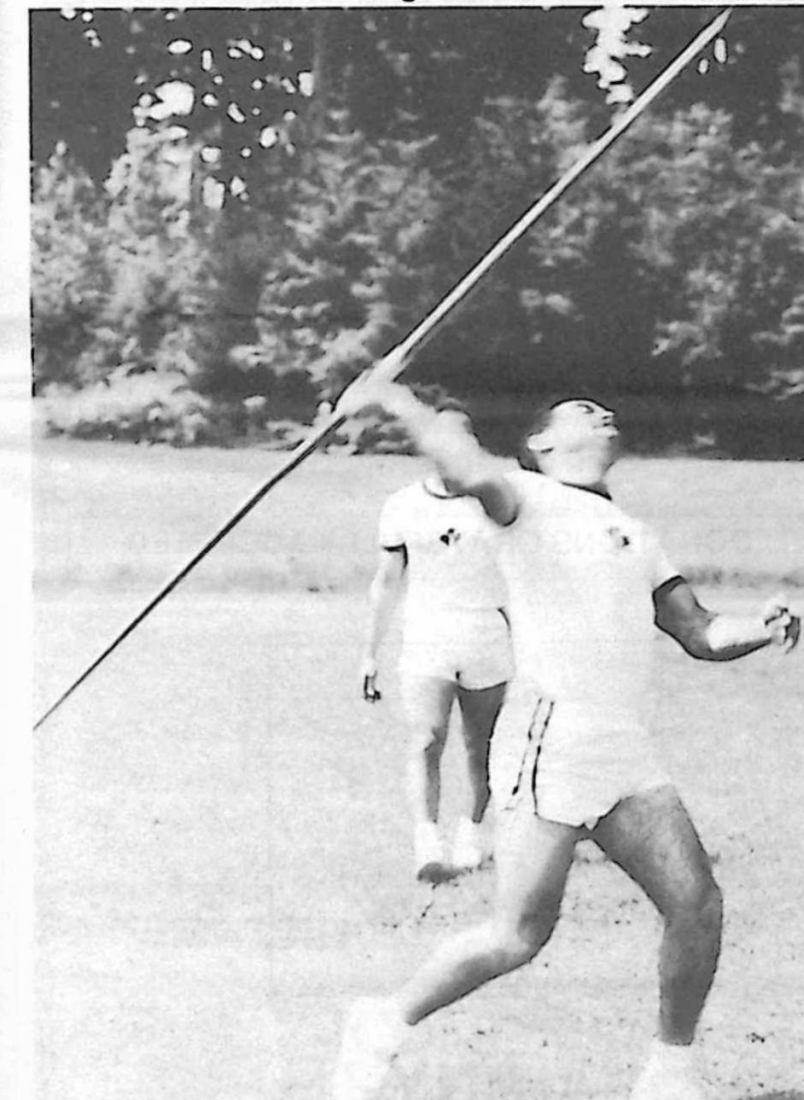
Fitweek Activities

Home Run



Home run hitting - part of the run tabloid. Jake Plante, representing CFS Alert.

Big Dart



"See that Deer over there" - Gregg Carr flinging the javelin, in the fun tabloid.

Stiff Penalties for Drunken Boaters

"Don't limit your freedom by getting charged for impaired boating," says Rick Graham, Small Craft Safety Co-ordinator for the Canadian Red Cross. "We want to remind boaters that the penalty for impaired boating is as stiff as that for impaired driving. That means you could face a possible jail sentence, fine, loss of your driver's license and a criminal record. It's just not worth it."

He also pointed out that the RCMP are employing handheld breathalyzers to help them apprehend drunken boaters, so the possibility of getting charged

with drunken boating is a likely one.

Graham explained that the Red Cross wants to encourage people to enjoy boating, but in a safe manner. Alcohol is a factor in 53% of the drownings from small power boats. The statistic jumps to 75% among people who drown while fishing from small power boats.

"It's a matter of common sense," said Graham, "drunkenness makes you and your boat less steady. If you end up in the water, you will have more trouble taking care of yourself and others who might need your help."

On the Base

Wheeling



Cycle Day - Hey, these guys look familiar

Jazz-er-cise



Karen Evans' Noon Hour Aerobics

Walking



Sneaker Day walkers - To the tower and back

Canada's Fitweek

Nineteen hundred people were active during this year's Canada Fit Week, 22 - 31 May 92. Activities ranged from golfing, softball, walking to pickleball. Organized activities were Cycle Day, Sneaker Day, PERI Volleyball Challenge, Free Aerobics, Challenge Day and a Fun Tabloid. Canada's Fit Week is designed by Participation Canada to make Canadians more aware of the im-

portance of physical fitness. For those who think physical fitness is nothing but domestic torture, welcome to the 90's, there are many forms of physical activities, and if you have the nerve, try it.

Come on over to the gym and talk to your friendly neighbourhood PERI staff. We'll be more than happy to assist you in any way possible.



COMOX RECREATION COMMISSION

1855 NOEL AVENUE, COMOX, B.C. V9N 4X4 (339-2255)

SOCCERTRON 92



More than just a Soccer School

JULY 13 - 17

5 - 8 yrs. • 9:00 am - noon
8 - 14 yrs. • 1:00 - 4:00 pm

Plus

FRIDAY TOURNAMENT
5:30 - 8:30 pm • All Ages

\$55.00/child
\$50.00/each additional family member

All schools feature:

- Every senior staff member of Soccertron is a teacher/coach. All the staff are experienced players, including a number who have professional and international experience. Soccertron appoints only people who have shown that they can relate well to children and can do a super job of instructing and motivating.
- Excellent staff/player ratio with individual attention from caring coaches.
- Video
- The best facilities in town.
- A quality Soccertron ball to keep.
- Daily recognition for enthusiasm and dedication.
- Swim sessions at full day camps.
- At the start of each camp, participants are streamed into teams based on age, size and skill level. This provides the best coaching and playing situation.
- Player Analysis sheet based on individual skills, team skills, soccer fitness, and personal enthusiasm.
- Special goalkeeping instruction.
- Camps end with fun tournaments, with the parents and coaches included.

Enquiries? Call Soccertron at 727-2817 or 339-2255. We offer a Team Rate, so CALL EARLY!

Your Summer Activity Guide
is on the streets

REGISTER NOW

Check you JUNE 10th. edition of the RECORD for
your summer brochure insert or pick one up at our office.

PARTICIPATION RESULTS

WE WON

The Comox Valley
had a total of
19,142 participators
48%

Campbell River
had a total of
11,046 participators
44%

Our significant participation was recognized by a SILVER medal
commemorating the 10th. Anniversary of Participation Day.

HANDS ON FARM

opens

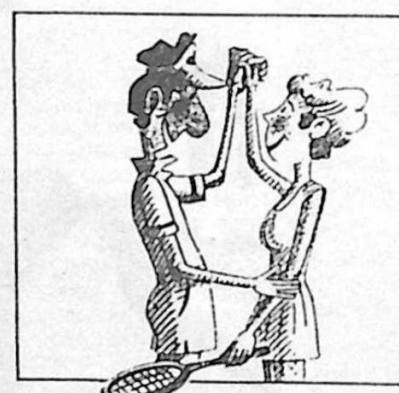
Thursday, June 25

10:00 am - 4:00 pm daily to Sunday, August 30

Be sure to drop by soon and visit your old farmyard friends in their new and improved barn. This summer join the Hands On Farm Volunteer Club. Register at the farm only \$12.00/season includes T-shirt for farms (8 yrs. +)



DONATIONS GRATEFULLY ACCEPTED



**ANY
2
FOR
TENNIS?**

COMOX MIXED DOUBLES TOURNAMENT
JUNE 27 & 28 ANDERTON PARK

Cheques Payable (\$12.00 per team) to:
Comox Recreation Commission
1855 Noel Ave., Comox, B.C. V9N 4X4

Registration closes June 22nd
Inquiries about draw available June 24th
Phone 339-5244

- Rain dates following weekend
- Tennis balls provided for all matches
- Gift certificates awarded to winning and runner-up teams in both divisions

Sponsored By:
The
Old House
Restaurant

The
Green Sheet
Comox District Free Press

COMOX
Recreation Commission

Registration Entry Forms available at the Comox Rec Centre

On & Off the Base

Employee Assistance Programme

Personal Questions



**SENSIBLE ANSWERS
TO PERSONAL QUES-
TIONS ABOUT DRINK-
ING THAT YOU
PROBABLY
COULDN'T EVEN
TALK TO YOUR
MOTHER OR YOUR
DOCTOR ABOUT.**

Q. I've been going out with Rick for a few months now. When we first met we really fell in love with each other and had a lot of fun together. I noticed he drank a lot at the parties we went to but he could hold his liquor, so I didn't think much of it. Now whenever we get together, he always has a bottle and we both usually have quite a lot to drink. It seems that the more Rick drinks, the meaner he gets and the evening often ends up in a terrible argument. So the next morning I feel pretty awful on two counts. What should I do?

A. It's certainly not uncommon when we first meet someone to get infatuated with the "tip of the iceberg" - only to find out later that there's more to the person than originally met our eye. As you found out, "holding your liquor" is not the sign of strength it's touted to be - in fact it's often a sign of tolerance for alcohol that comes from habitual drinking. And it looks like Rick's drinking is negatively affecting your life in two ways: you are drinking more than usual, often to excess; and the drinking seems to bring out conflict in your relationship. The next time you're with him, try drinking less. It may be difficult at first to refuse his

"hospitality" when he offers you a drink, or to sip slowly if he's throwing them back - after all, you don't want to annoy him and he may not want to "drink alone." But if you don't want to drink so much, there's no law that says you have to. And by drinking less, you'll have fewer hangovers and you'll be better able to see an argument coming and find ways to avoid it.

You might also try spending less time with Rick and more time with people who drink less and whose company you really enjoy. You may then feel better about yourself and be in a better position to judge the quality of your relationship with Rick.

Q. After saving for months and months I finally bought myself a car! I guess there are some rules of the road I'm not sure of. Like the other night, a girlfriend and I had been out for a few drinks. On the way home, there was a police car behind us and my friend got really nervous. Afterwards she said that we were lucky we didn't get stopped and charged with impaired driving. But I thought that you had to be pretty drunk to be charged. Can you straighten us out?

A. Without knowing exactly how many drinks you had in what period of time (as well as lots of other factors like how much you weigh and what kind of mood you were in), it's difficult to say just how impaired you were that night. But the law is very definite and much tougher than you think. You don't have to be driving "badly" to be stopped by the

police - they can use "spot checks" as part of an approved program to test your breath for alcohol. You can be charged in three ways: 1) for having a blood alcohol level above .08%; 2) for any visible sign of impairment, regardless of your blood alcohol level; or 3) for refusing to provide a breath sample. Because one of the first things alcohol does is affect your judgment, you're not really in a position to assess how impaired you are when you've been drinking. And the over-confidence it can create leads you to take risks you might not otherwise take. Thousands of accidents attest to these facts. The only sensible and safe solution is not to drive if you have been drinking.

Q. I'm really trying to get fit and lose weight by jogging and taking dance aerobics, but I haven't lost a pound in six weeks! The friends I work out with and I are so hot and thirsty afterwards that we usually go for a few beers. Do you think the beer might be my problem?

A. All things being equal, yes! Remember that beer contains about 150 calories per bottle, so whatever calories you burn off exercising, you may be putting right back on by drinking beer. If you are trying to lose weight, it's important to know the cardinal rule of dieting: you have to decrease the number of calories you consume or increase the number of calories you expend (by exercising) or both. So after your next workout, at least start with the best thirst quencher there is - water.

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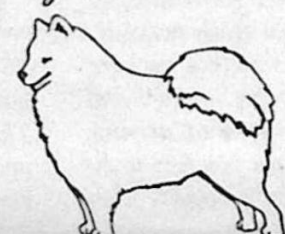
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76th Birthday Book from Kamloops Angler

B.C. author-angler Jack Shaw this year celebrates his 76th birthday by publishing a new book, *Tying Flies for Trophy Trout*. The veteran Kamloops outdoorsman is not only one of B.C.'s best known fly fishermen but also one of the most knowledgeable in North America.

Jack Shaw, who will be 76 in July, has spent a lifetime studying rainbow trout behaviour, photography, fly tying, fly fishing and entomology. To further his knowledge of the latter subject, his basement resembles an aquarium - with one notable difference. His tanks contain not goldfish but many species of insects.

He studies and photographs them throughout their life cycle so that he can simulate Nature's food chain. In addition, he has spent literally years on lakes from ice-out to freeze-up, observing insects and trout in their natural element.

This expertise resulted in Jack introducing a radical concept to B.C. fly fishing - using flies with no wings. Veteran B.C. author-angler Bob Jones described this break-with tradition in a profile on Jack in B.C. *Outdoors* magazine: "In 1966, while employed at a

body shop, Jack developed an allergic skin reaction to the dust. He left to take work as a sales clerk and fly tyer at Burfield's Ski and Sport Shop in Kamloops. When his boss suggested he tie some of his own patterns for sale, Jack produced a series of chironomids he had developed in 1962. They didn't sell.

"People weren't used to flies with wings," he recalled. "I had to actually start giving mini-fishing lessons on how to fish a chironomid in order to sell them. It became a damned nuisance, but in the process a lot of fellows were educated on how to become chironomid fishermen."

"When I first introduced them I had quite a time selling them. Nymph fishing was unknown around here at that time and the fishermen were reluctant to try something new. The big flies then were Nation's Fancy and so on. Like I said, I was fighting tradition by trying to educate people to fish flies that didn't have wings. Some guys got right argumentative."

"It was a long struggle, but it eventually caught on." The veteran angler's prowess is summarized by Mike Cramond, for 24 years Outdoor Editor of the *Vancouver*

Province:

"Jack Shaw, in my opinion, knows more about how to fly fish successfully in trout lakes than anyone else in the world. He can come away regularly with a string when everyone else has been skunked."

In addition to his superb knowledge of entomology, the life cycle of rainbow trout and fly tying, Jack Shaw is a dedicated conservationist. The latter aspect of his life was recognized in 1990 when the Slave Lake Correctional Centre names its trout farm the Jack Shaw Enhancement Project. The facility annually raises thousands of trout which are then used for stocking lakes.

At the dedication ceremony, local Director L. Boon noted: "I am particularly pleased that we are now able to recognize the outstanding achievements and contribution of a B.C. citizen to the sport of fishing. I am hopeful that our efforts will equal your well deserved reputation."

Jack Shaw's newest book, *Tying Flies for Trophy Trout*, is his second. His first, *Fly Fish the Trout Lakes*, appeared in 1976 and was reprinted several times. Then it was updated in 1988 and remains a popular best seller.



Jack Shaw

Tying Flies for Trophy Trout

Book Review by Ralph Shaw

The master has told his story. He has left us a legacy of his skills and vast knowledge of fly fishing and fly tying. Those of us who aspire to be great in the art of fly fishing have just been given a great leap forward with the publishing of this book. Jack Shaw has shared his most intimate secrets.

Anglers who, over the years, have fished beside this legendary Kamloops, B.C., angler, have marvelled at his magic with a fly rod. Well, you need wonder no longer. Through carefully worded instruction and detailed illustrations, you have the means to attain his greatness.

In my opinion the title does not do justice to the knowledge that has been shared. I predict this book will become a milestone for fly fishermen. For the novice, it will be an inspiration - for the skilled angler, a window opening into horizons of knowledge that will permit greater successes.

The chapter on Fundamentals of Fly Tying reveals some of the

genius of this unique man. A section on Fishing Lore describes many of the reasons this man has become a legend.

Part Three lays bare Jack's unique secrets for tying some of the most successful insect imitations ever tied by a fly tyer. For me, this is the most revealing part of the book. He has shared his most guarded secrets on how he was able to create illusions with fly tying material which made his flies distinctive in their fish catching ability.

The final chapter is the icing on the cake. It has been my special privilege to spend many days in the presence of this shy genius of a man. Many people believe we are brothers and the honour is all mine. When asked this question, we simply say we are brothers of the spirit.

Jack Shaw, thank you for leaving the legacy of your knowledge in the pages of this book. Fly fishermen and fly tyers can purchase no other book that will give so much.

Bulletin Board

All insertions will be \$4.50 per column/inch. Payment in advance at the office.

FOR SALE by owner four bedroom 1915 sq ft house in Comox, on quiet street, close to schools and Base. Full basement, family room with wood stove, large sundeck over carport, fenced landscaped yard and double width driveway. Possession 1 June 92. Contact Normand Leduc - Home: 339-0596 or Work: local 8216.

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Honda CM200T motorbike, 2 full-face helmets, intercom system, leather jacket (size M) and gloves. \$500.00 for the package. Call Dave at 339-4988 after 4 pm.

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Please contact Mrs. Rose (loc 8571) Monday to Friday between 0800 and 1230 hrs before 19 June 92.

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Family Support Centre Update

OPEN HOUSE

The Family Support Centre is hosting an open house on 24 June from 1:00 to 3:00 p.m. Everyone is welcome, so come and share a coffee and some goodies with us. Welcome Wagon and New-comers Club representatives will be here to help us greet newcomers to the base. Children are welcome.

TEEN CLUB NEWS

- Teen Swimming from 4:00 - 6:00 p.m. on Sundays at the Base pool for Teen Club members and guests.

- Video Night continues on Thursdays at the FSC.

- CFB Comox Teen Club members took part in a Valley-wide forum on facilities for youth held at Robb Rd. Junior School on 26 May. Our teens, who were accompanied by volunteer Teen Club Co-ordinator Fran Archambault and club assistant Alan Ross, contributed many good ideas to the discussion and were able to provide an example for other developing teen groups in the area. Well done, Teen Club!

The Teen Club is open to all teens of military parents. New members are welcome. For information on becoming a Teen Club member please call Teen Club sponsor Francis Archambault at 339-5716 or talk to any Teen Club member.

DISCUSSION GROUP

- Discussion Group meets from 10:00 - 11:30 on Tuesday mornings at the Family Support Centre with childcare provided at the Community Centre. Babies are of course always welcome to come with their parents.

- June 16 bring your issues and concerns about Base Accommodations for a lively question and answer session with Base Accommodation Officer Capt Bush.

- June 30 will end the first month of summer with a picnic in the yard at the FSC. New members are invited to come and bring the children.

DROP IN

Parents and kids are invited to drop by the Centre. Bring a lunch and share our picnic tables with a friend. There are some new toys in the playroom and an airplane in need of a small pilot in the yard, as well as a sandbox and a climbing structure for preschoolers to explore.

Emergency Childcare could be available at the Centre if parents need such a service. Give us a call and let us know your views. A list of regular childcare providers is available from the FSC.

Would better Bus Service make life easier for you? Join your neighbours in the effort to get hourly bus service to the base. For more information call the Family Support Centre at 339-8654.

EDUCATION

Anyone interested in a career as a Long Term Care Aide should contact North Island College for an interview regarding prerequisite education and experience, and Employment and Immigration Canada for information on course sponsorship. The course, which is fully sponsored by Employment and Immigration Canada, will be offered Aug 31 to Feb 12, 1992. Seats in the course are expected to fill up quickly so if you have been thinking of working with the elderly, we suggest you call soon to take advantage of this training opportunity.

Are you interested in furthering your education, but discouraged by frequent moves and difficulties in transferring credits from one institution to another? North Island College has recently entered into a special agreement with the University of Manitoba, whereby certain courses taken by military members and spouses at the Comox Valley campus will be given full transfer credit through the University of Manitoba. U of M has a unique arrangement with the Canadian Forces to enable military members and their spouses to complete undergraduate degrees, while attending other institutions across Canada. For more information on this exciting and flexible program please call N.I.C. Counsellor Dorothy Winner at 334-5000.

VOLUNTEER OPPORTUNITIES

The FSC has a number of interesting and challenging volunteer opportunities for people who are interested in helping their community and using their skills along with a group of other caring individuals. Training and support will be provided as well as our heartfelt appreciation.

Volunteers are needed in the following positions:

Welcoming Committee - to greet new families to CFB Comox

Child Care - playroom and playground assistants.

Front Office - reception to answer phones, take messages and provide community information.

Public Relations - to help with community get togethers, make posters, newsletters and advertise Centre events.

Assist Families - families sometimes experience crisis situations or severe loneliness when a military member is away or injured, or when emergency accommodation is required. Volunteers with special listening skills and a knowledge of family dynamics are needed to provide back-up support. Training, supervision and support will be provided.

Teen Activities - people who enjoy being with teens are needed to accompany our young people on short camping trips and other outings. Additional people to provide back up for current volunteers are also needed for Thursday video nights and Friday dances. If you would like to work with an active group of teens who set their own agenda and initiate their own programs please call the FSC and we will arrange a meeting with the Teen Club Steering Committee.



The 1992 Armament Reunion will be held at Cold Lake, Alberta from the 2nd to 5th July. Cost excluding accommodation is \$40.00 per person. TAZ's who are interested in attending this Blow Out are to forward intention and fee to Armament

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And for Those Posted Out:

The Food Bank, located at 1126F Piercy Ave. in Courtenay, accepts perishable food, so when you empty your fridge and freezer before you leave, don't throw anything away. Remember the local Food Bank. They are open from 9:30 to 4:30 weekdays only.